

**THE COVER SHEET
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IS MISSING ON
ORIGINAL FILM**

Asbestos removal unfinished at Illinois Beach

By EMILY PREVITI
epreviti@nwnewsgroup.com

ZION - Time sure has flown since Memorial Day weekend.

Two weeks before that, a the Illinois Dunesland Preservation Society filed a complaint with attorney general Lisa Madigan's office. The filing was one of several since it initially began its crusade to rid the Illinois Beach State Park of asbestos containing material (ACM) and magnify the protocol used by state agencies to do so.

ACM and other debris still litter the area two months after the complaint, and nine months after a controlled burn conducted by the Illinois Department of Natural Resources (IDNR) revealed the presence of ACM.

IDNR did not sweep the site for asbestos or other debris before the burn.

Weathering - including exposure to flame - increases ACM's friability, or ease with which it releases hazardous fibers into the air.

One point of contention, reit-

erated by society member and asbestos abatement expert Jeffrey Camplin in a report he compiled in 2003, held that the removal of ACM along the beach was not done properly; inland, not at all.

Brad Bradley, remedial project manager of Johns Manville Superfund site adjacent to the south end of the park, saw the debris when he toured the Camp Logan site on June 27 with Camplin and Dunesland President Paul Kakuris.

"Until someone samples it, I can't really say that [It's ACM]," he said. "Some things might look like it."

Marcelyn Love, spokesperson for IDNR, said the agency is testing the material.

The Illinois Department of Public Health (IDPH) requires that abatement project done within schools use licensed professionals, which its website lists in a database of supervisors, project managers, air sampling professionals, project designers, inspectors and management planners.

IDNR uses professionals from Hillsdale-based PSI

(Professional Services, Inc.) to remove asbestos.

The society has alleged that PSI lacks professionals with licenses to practice abatement. Searches of the IDPH database in June confirmed this, but a search performed on Monday demonstrated that the company does, in fact, employ a project manager with a license.

A licensed project manager ensures workers and supervisors' compliance with contract specifications and state and federal regulations. According to IDPH, managers are not required to oversee commercial and public buildings.

In response to questions about regulations that govern abatement procedures at the park, Love deferred to IDPH.

Abatement guidelines for ACM found outdoors and independent of a structure, or after demolition, are not specified on the IDPH site.

IDPH did not return calls seeking comment on their standards for abatement procedures and professionals for ACM in outdoor locations.

Bradley explained that while rules govern abatement of ACM in buildings, they blur when it comes to ACM in the outdoors, thus complicating abatement.

"It's not as cut and dry as if they're taking a building down," Bradley said. "Once it's on the ground, it changes."

"Friable material has a greater sense of urgency to it, but eventually it really all needs to be removed because ... [it] may have weathered," Bradley added. "It's all potentially friable."

Camplin agreed that friability should not dictate removal.

In addition, he has alleged workers at the park have not used of wetting agents when handling asbestos, a requirement under Occupational Safety and Health Administration (OSHA).

"[ACM] is much safer to handle when it's wet because the potential for generating fibers goes up a lot when it's wet," Bradley said.

Bradley pointed out that without certain information, like ACM's appearance, most

people are unfamiliar with ACM. This, he said, raises the potential for mishandling and subsequent danger to health, even from non-friable material.

The society's complaint and site studies by Camplin, IDPH, the Agency for Toxic Substances and Disease Registry (ATSDR), and the University of Illinois at Chicago School of Public Health have called for public education materials that include cases that exhibit models of ACM, pamphlets with pictures, and fact-sheets in English and Spanish at kiosks throughout the park.

The main office near the park's entrance at Wadsworth Road offers two facts sheets in English.

In addition, signs at beach entrances throughout the park warn visitors to steer clear of the ACM they might encounter.

"We're working with IDNR right now and I think that we'll try to get them to follow up on all this," he said of the Camp Logan site. "The bottom line [is that] the [US]EPA wants to see it removed."

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Map showing location of Fox Lake Toyota Scion in Fox Lake, IL, with surrounding areas like McHenry, Wauconda, and Lake Zurich.

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Friday, July 7, 2006

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WEEKLY JOURNALS

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Factual accuracy Did we get it right?

Accuracy is important to us at the *Antioch Journal* and we want to correct mistakes promptly. If you believe a factual error has been published, please bring it to our attention.

Call Robert Schroeder at 847-223-8161 or e-mail him at bschroeder@nwnewsgroup.com

Editor's Choice by Larry Lough

Getting it right - striving for total accuracy

Among the additions to your new and improved Journal is our commitment to accuracy.

Maybe you have noticed that short statement in the bottom left corner of Page A4.

Under the heading "Did we get it right?" is our corrections policy. It begins, "Accuracy is important to us ..."

And we mean it. We publish the statement in every issue, regardless of whether we have a correction to make.

We want readers to let us know when we make mistakes. And we want to correct them promptly, especially factual inaccuracies, such as names, dates, and times.

But we are also concerned about other kinds of accuracy:

- **Grammatical:** We hope to demonstrate a mastery of the English language, and to follow news writing "style" to ensure consistency in how we spell, punctuate, capitalize and use numbers and abbreviations.

- **Contextual:** You can tell half of a story accurately from a factual standpoint, but unless the whole story is told, it might not be truthful.

- **Tonal:** Serious stories ought not be written in a flippant manner; nor should stories that would prompt a chuckle be written in a tone that's overly serious.

Like all publications, we will make mistakes. Some will be more obvious than others.

Few readers would have noticed last week when we confused "reign" and "rein." But how could anyone miss that garbled sports promotion on the cover of the Grayslake Journal? Or that story that abruptly stopped mid-sentence in the Antioch Journal?

Rest assured, we make every effort to limit the mistakes.

Your comments about what we get wrong – and right! – are always welcome. Send e-mail to llough@nwnewsgroup.com. Thanks for reading the Journal.

This Week's Highlights



Candace H. Johnson - cjohnson@nwnewsgroup.com

Churches offer programs for disabled children

PAGE D1

Summerfest heating up

PAGE C12



Plus

SCOOP THE LOOP

Relive the days of cruisin' in your hot rod!



"Serving our communities to make them better places to live!"

Quote of the Week

"Everybody has choices. We could either let our grief dominate our lives, or move forward in his loving spirit."

—Georgette Frank (see below)

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WEEKLY JOURNALS
Friday, July 7, 2006
AN

Organization helps military, honors soldiers

By TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH — Georgette Frank turned the laminated photo clipped to her shirt around. The man pictured, dark hair and eyes, and a soft, close-lipped smile, was her son.

A sniper killed him two years ago in Iraq.

Georgette and her husband, Roy, set up a table at the bandshell on Skidmore Drive, during Antioch's first summer concert June 29. Through photo albums, brochures and their own retellings, Roy and Georgette of Elk Grove told strangers the story of their son and the charity he inspired them to create.

They refuse to let grief paralyze them, the Franks said, and they hope people will find it in their hearts to help military members and veterans around the world through their organi-

zation.

Gaining non-profit status in November 2005, The Heart of a Marine Foundation aims to provide financial, educational, and emotional support to U.S. soldiers and veterans worldwide.

"Everybody has choices," Georgette said. "We could either let our grief dominate our lives, or move forward in his loving spirit."

Georgette's eyes fill with tears when just saying her son's name.

Phillip E. Frank and his family lived in New Jersey, just across the bay from Ground Zero, Georgette said. Phillip saw the World Trade Center towers collapse on Sept. 11, 2001, from his home. This was the final straw he needed to join the Marines, enlisting after high school in November 2002.

Roy said he asked Phillip why he joined the military.

Phillip answered that he wanted to fight.

"He put his hand on my shoulder, and he said, 'Dad, I fight today so you don't have to fight tomorrow,'" Roy said.

In April 2004, Phillip and his comrades were in a compound on the outskirts of Fallujah, Iraq, Roy said.

The group came upon a wall. Standard procedure is to lift up the lightest soldier to check over the wall for enemies.

In this case, the lightest Marine was Matt, Phillip's best friend. Phillip volunteered to go in his place.

That's when the sniper shot him, Roy said, when fellow soldiers had hoisted Phillip above the wall.

Roy and Georgette were devastated, but didn't want this tragedy to obscure the good life their son led.

"It was at a point where we had to do something," Roy said.

"The grief can consume you."

Thus The Heart of a Marine Foundation was born. Not only is money donated to the Illinois Veterans Wounded Heroes organization, hospitals and other worthy recipients, but practical help is offered as well.

Roy proudly picked up a pair of purple velvet sweatpants from the display table at the Antioch concert. One side was closed with just buttons, so a soldier in a leg cast could still wear the pants.

Georgette said the charity also helped a veteran pay his rent once.

Through these services, Roy and Georgette feel their son's kindness living on.

"We see ourselves as putty," Georgette said. "We fill in the gaps." For more information, visit www.heartofamarine.org, or e-mail theheartofamarine@comcast.net

Our Town Village gets new chair

ANTIOCH — The village just appointed a brand new park board chairman.

Jeffrey Benes, an Emergency Management Services coordinator for Aurora Health Care in Kenosha, Wis., will take the place of Chris Lienhardt.

Lienhardt, who also is the Antioch Fire Department's public information officer, put in his resignation letter to Mayor Dorothy Larson on June 20.

Lienhardt is just too busy. In the resignation letter, Lienhardt wrote he is unable to commit to the large amount of planning and work needed for the proposed Aquatic Center.

"This decision is something that I have been mulling over for the past several months, and was not easy to make," Lienhardt wrote.

In her response letter, Larson said it was not easy for her to accept his resignation.

"[I] accept it with regret," Larson wrote. "Your loyalty to our community has set the foundation for an improved quality of life in our village."

Trustees Larry Hanson, Scott Pierce, Barbara Porch, Mayor Larson, Mary Turner and others congratulated Benes personally, saying they can't wait to work with him.

Benes is a good guy. I came to know him through chance. We happened to sit next to each other at a village board meeting one night, when I first started this job six months ago.

I'm sure he'll be great in his new role. Congratulations, Jeffrey!

If you have interesting information or anecdotes to submit for "Our Town," e-mail reporter Tara Clifton at tclifton@nwnewsgroup.com.

First concert draws large crowd

by TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH — The crowd became the noisiest toward the end of the concert.

The finale of Antioch's first summer concert June 29, held at the bandshell on Skidmore Drive, included honoring veterans and soldiers.

Each group, World War II, Korean War, Vietnam and Post Vietnam, rose to receive thunderous standing ovations.

The military definitely was the star of the show.

The first night in the "It's Thursday" concert series honored current and former members of the armed services with patriotic music, a playing of taps, a gun salute and high-ranking officers of the military on hand.

The event was sponsored by the village along with Antioch VFW Post 4551 and Lake Villa Memorial Post 4308.

People from Antioch, Lake Villa, Lindenhurst and other towns attended the night's festivities.

The Lakes Area Community Band played tunes that spurred the crowd to cheer, such as "America the Beautiful." The Antioch Community Chorus joined in for other songs, including a Looney Tunes medley.

Steve Porch, director of the Lakes Band, succeeded in getting the crowd revved up.

"Would you like to sing along?" he asked the audience. When the throng cried out, "Yeah!" Porch told them to sing an F sharp.

"That's borderline average,"

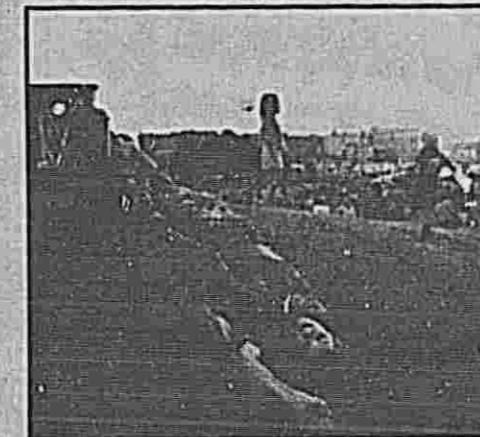
Porch jokingly said.

The bandshell and the area surrounding it was packed with people, young and old. The air smelled of beer and greasy food, and rang with the sounds of chatter and laughter.

People clapped to the songs, and one little boy pretended to march to one of the lively songs.

Brigadier General Edward Arnston CHECK reminded attendants that the night's fun had a very important reason behind it.

"Service members today and from 231 years ago alike respond to something we call the 'call of duty,'" Arnston said. "Nothing demonstrates our commitment to our nation than putting our boots on the ground and doing what's



Chris Padgett - cpadgett@nwnewsgroup.com
Matt and Brett Patterson of Antioch play on a hillside during the first of Antioch's summer concert series at the William E. Brook Entertainment Center.

needed.

"Our service members are the face of America the world sees."

And that face, Arnston said, shows a kind and just people.

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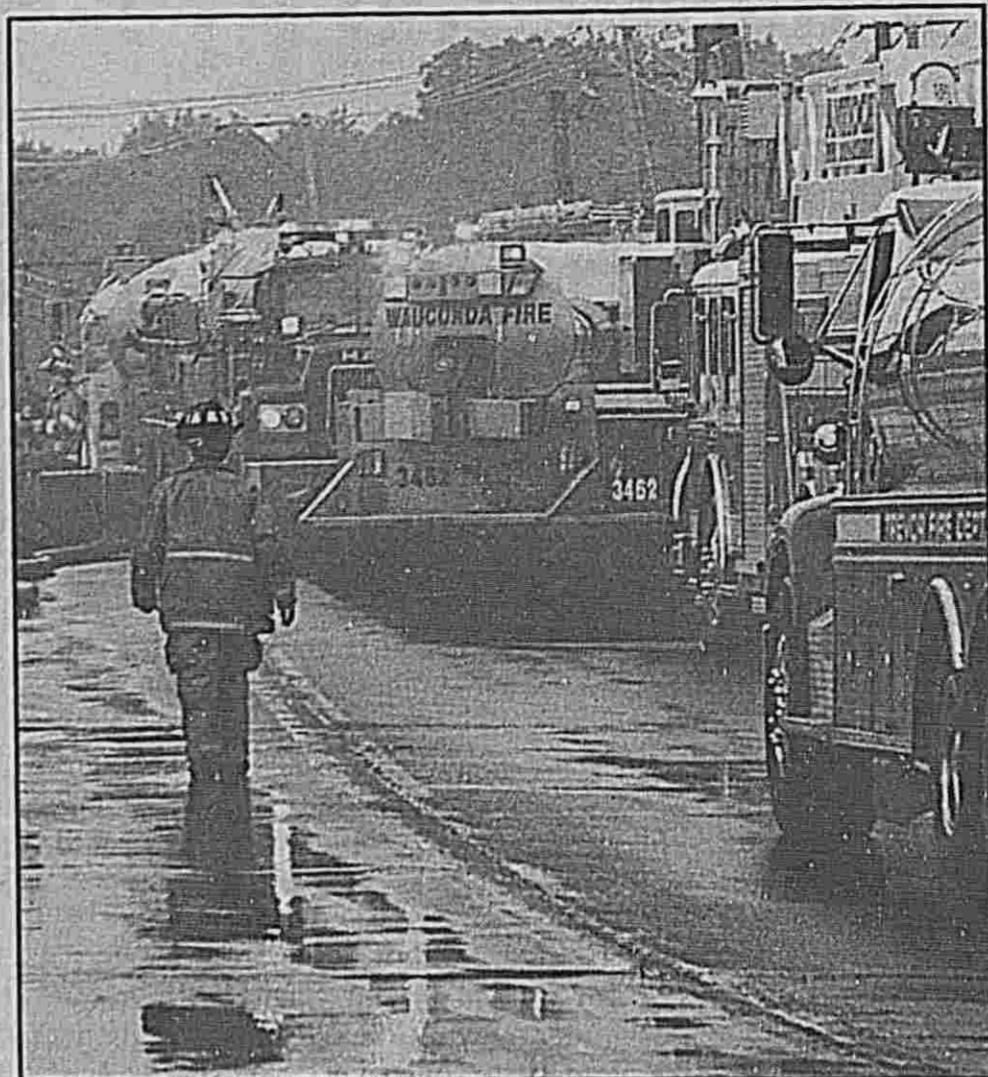
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Sandy Bressner - sbressner@nwnewsgroup.com

A Trevor, Wis., firefighter walks through the scene of an extra-alarm fire at the J Sharp Auto Parts in Antioch. Departments from Antioch, Lake Villa, Fox Lake, Newport Township, Round Lake and Salem, Wis., responded.

Early-morning fire obliterates auto business

Smoke, fire engulfs J Sharp Auto Parts in Antioch

By TARA CLIFTON

tclifton@nwnewsgroup.com

ANTIOCH — When firefighters arrived at 40035 N. Route 83 around 6:46 a.m. July 3, none of the signs were good.

A thick, black wall of smoke billowed from the J Sharp Auto Parts building, said Lt. Chris Lienhardt, spokesperson for the Antioch Fire Department.

This indicated an inferno that not only had to be doused quickly, but contained to prevent it from spreading to the junkyard adjoining the busi-

ness.

That's when Antioch firefighters called on comrades from parts of Kenosha, Lake and McHenry counties, Lienhardt said. About 60 to 70 firefighters responded.

With no fire hydrants nearby, trucks had to haul in water from surrounding areas, Lienhardt said. The building's north wall and roof caved in while firefighters were still working.

About an hour and a half later, workers had the blaze under control, Lienhardt said. Nobody was inside the building when the fire broke out.

Authorities are still investigating the cause of the fire, Lienhardt said.

Neighbors**Melissa McGuire of Antioch**

I grew up in:
Antioch

My family and pets:
Husband, Brian, two sons and three dogs

Occupation:
Shag Bark pet spa and kennel

I graduated from:
Antioch High School

Hobbies:
Dogs

Favorite movie:
"Practical Magic"

Favorite restaurant:
Oliveri's North

If I had a million dollars, I would:
Invest it

If I had a plane ticket to anywhere, I would go to:
Aruba

If I could have any job I wanted, it would be:
I'm doing it

If I could have lunch with anyone, living or dead, it would be:
Kathy Morenz

Favorite holiday:
Christmas

If you have a "Neighbor" whom we should profile in this column, call the Weekly Journals at (847) 223-8161 or e-mail antioch@weeklyjournals.com.

College student hopes to work in the Third World

By TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH — Some college students spend their time at parties, skip 8 a.m. classes and take entry-level courses to figure out what they want in a career.

This can work for many people, but Michael Decker, 19, simply doesn't fit this pattern. Decker, a student at Boston University, is undertaking cancer research, and he is considering practicing medicine in Third World countries one day.

In his own words via e-mail, here's a look at a person who is doing his part in the battle against cancer.

Early life

I was born in Lake County, Ill., at Lake Forest Hospital. I lived in Fox Lake for a short time when I was younger, and then we moved to Antioch, where I was raised for most of my childhood. (2003 ACHS graduate)

College life

I attend the Sargent College of Health and Rehabilitation [at Boston University] where I

major in human physiology with a premedical concentration. I hope to attend medical school in pursuit of an M.D. I plan on applying to many medical schools to keep my options open, but I hope to be back in the Chicagoland area. If not Chicago, somewhere out West would be my next option.

Career plans

My career aims tend to change from time to time, but as of now I think a career in surgery is my first goal. Doing research in urology has led me to lean toward that specific field, but I'm keeping an open mind. I hope to one day teach either in a university or medical setting as well as have a chance to research, specifically in the cancer field. Eventually I'd like to practice medicine in Third-World settings.

The UROP program

Boston University's Undergraduate Research Opportunity Program gives undergrads the opportunity to take on independent projects with the guidance of experienced research professors. UROP funds students in the form of stipends, allowing the student to dedicate himself to his project. The program also holds meetings that offer students much-needed help in

areas that concern them, including graduate/medical school, publishing, finding grants and career planning.

The UROP grant for the summer is \$3,500, and is made to span a 10-week period. Renewal of the grant during the school year can be for up to \$2,000 a semester.

Decker's project

The project I have decided to undertake involves finding molecular biomarkers for the early detection of renal cell carcinoma, the most common form of kidney cancer. I am studying the specific role of a gene named HNF4alpha, which may play a major role in the development and spreading of this specific type of cancer.

The hopeful outcome of the overall project would be the first molecular biomarker test for the early detection of kidney cancer, making the survival rate of those with the disease significantly higher. This may be an extremely important test, because renal cell carcinoma is both radiation and chemotherapy resistant, making early de-

tction and removal crucial for survival.

Lessons learned

As my research professor, Dr. Liou Liou says, "The devil is in the details." There are no cutting corners in biological research. Ninety percent of the time, you're not going to get anything useful. But in the 10 percent of the time that things work may be all it takes to make a breakthrough. I've learned great patience through this type of work, and I hope it carries over into my future work habits. Most importantly though, I've learned how important it is to get this type of experience early in your career. It has helped me develop skills that will carry into other parts of my life.

One-on-one

One huge advantage to working in this program is getting to know a professor personally. Dr. Liou has given my fiancée and I awesome opportunities to experience life inside Boston Medical Center. We have had the opportunities to watch surgeries and autopsies. Dr. Liou has given me every opportunity to learn and explore my curiosity in medicine. It has been an awesome experience I hope to continue through the rest of my college career.



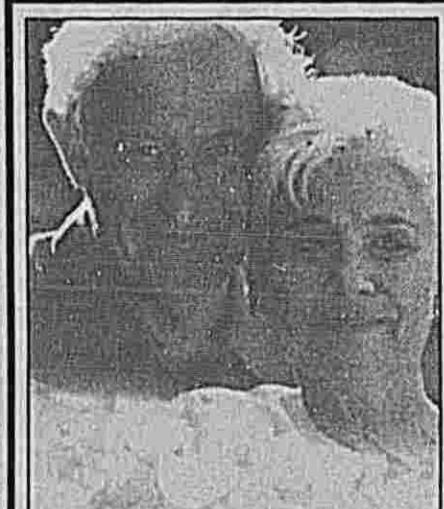
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Lake County native pens body-image book

By EMILY PREVITI
epreviti@nwnewsgroup.com

Walk into Walgreen's or CVS, and notice the cosmetics that greet customers at the door. Diet pills hide on the back shelves, and magazine covers showcase beautiful people who taunt the line at the cash register. The neighborhood drug store is, pretty much, a microcosm of the youth-and-celebrity-fixated American culture.

Given this environment, it is not a shock that many people, particularly women, struggle with body image, addictions to exercise and eating disorders.

Leslie Goldman, who hails from Buffalo Grove, examines these issues in her book, "The Locker Room Diaries: The Naked Truth about Women, Body Image, and Re-Imagining the 'Perfect' Body."

Goldman, who has a master's degree in public health from the University of Chicago, wrote the book based on five years of interviews pro-

fessionals with Ph.D.'s., fitness instructors, and fitness enthusiasts.

Goldman found many of her book's subjects in the shower stalls of her own gym's locker room.

"I think women are hungry to talk about the issue of body image," she said.

The difficulty of approaching obese women in the locker room drove her to the web, where she gleaned information from their blogs.

From waxing rituals to eating disorders, Goldman alternately approaches the issue with humor, empathy and gravity. The range parallels society's gamut of attitudes toward body image.

The book's spectrum of sub-topics and interviewees suggests that the "truth" behind



Leslie Goldman

Want to read it?

Title: The Locker Room Diaries: the Naked Truth about Women, Body Image, and Re-Imagining the "Perfect" Body

Author: Leslie Goldman

Available: Borders, amazon.com, Wal-mart, Powells.com

Price: \$23

Publisher: De Capo Press

For more information: www.lrdiaries.com

any individual's body image lies within a web of cultural factors combined with those plucked from the multiple choice list of personal crises or characteristics.

The book is quick; the dictation, chatty. Goldman, 30, of Chicago, weaves heart-wrenching anecdotes with tongue-in-cheek tales, like those of Goldman's days as a cocktail waitress.

Goldman stressed the importance of talking to youth about unattainable ideals.

"I was very surprised when I spoke with teenagers [and] they had no idea that images in magazines were airbrushed," she said.

Goldman speaks from experience. The former dancer suffered from anorexia during her freshman year of college at the University of Wisconsin-Madison, where she earned her bachelor's degree in nutritional sciences.

"When [these images are] impounded into your head every day and night, it's hard to just brush [them] off your shoulders," she said.

Goldman defeated the eating disorder, but likened it to alcoholism for the addictive and precarious relationship between the diseases and those who suffer from them.

"Once you have it, you have to always be mindful of it," she said. "I consider myself happy and healthy, not to say I don't have bad body image days."

Goldman offers, near the middle of the book, advice to her readers for surviving

those low-points: schadenfreude, pleasure derived from another's misfortune.

"It makes you think, 'Oh, good I'm not the only one,'" she said of the "catty little remarks," that women make to themselves and one another about others' appearances.

She also pointed to schadenfreude's "huge role" in compounding women's susceptibility to what plus-sized model Kate Dillon dubbed the "illusion machine," the interworking phenomena of mass media and airbrushed Aphrodite's.

It first appears that such behavior is both cure for, and cause of, a body-image gone awry. But as one reads on, it becomes clear that schadenfreude is a band-aid.

Indeed, Goldman said she hopes readers glean the importance of the knowledge of others' imperfections and acceptance of one's own from the pages of "Diaries."

"The most important thing we can do," she said, "is just love ourselves."

Local Teacher Finds Comfort at Signature Flooring

Sue Hodkinson, a local 4th grade teacher recently celebrating her 13th wedding anniversary, went away this summer for a romantic second honeymoon. When she returned, Sue had a wonderful surprise waiting for her.

The entire first floor of her home was covered with an exotic wood floor called "Amendoim" and she had carpeting installed in the basement. When asked how she liked it, her reply was "I can't wait to have all my friends come over to see it. It looks just great! I couldn't even tell there were installers here. They left my home spotless. It was great to be able to trust **Signature Flooring** to work in my house while we were gone...the installers even called me at the airport just before we left to confirm the look I wanted with the wood. We came home to basically a new house!"

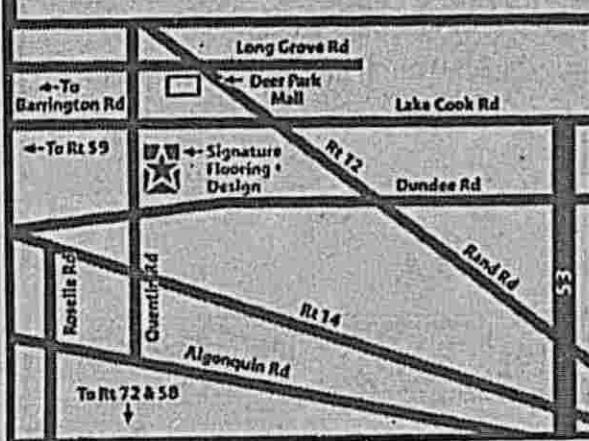
"They removed all our old floors, moved all of my furniture and even installed fresh painted new trim around the walls. I can't tell you how happy I am! I never felt uncomfortable with Megan, she is great, I feel we have become friends and I want to take her to lunch soon."

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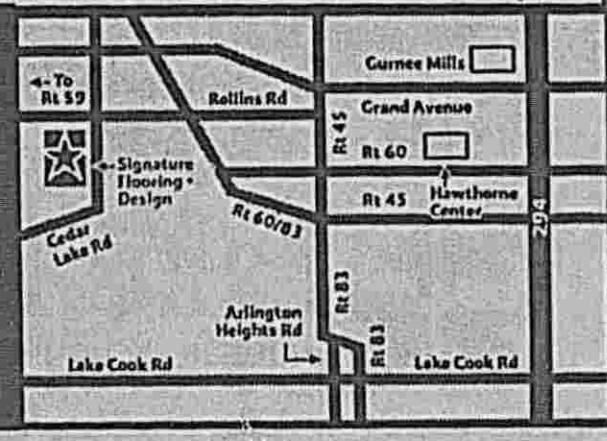
Get it done right!

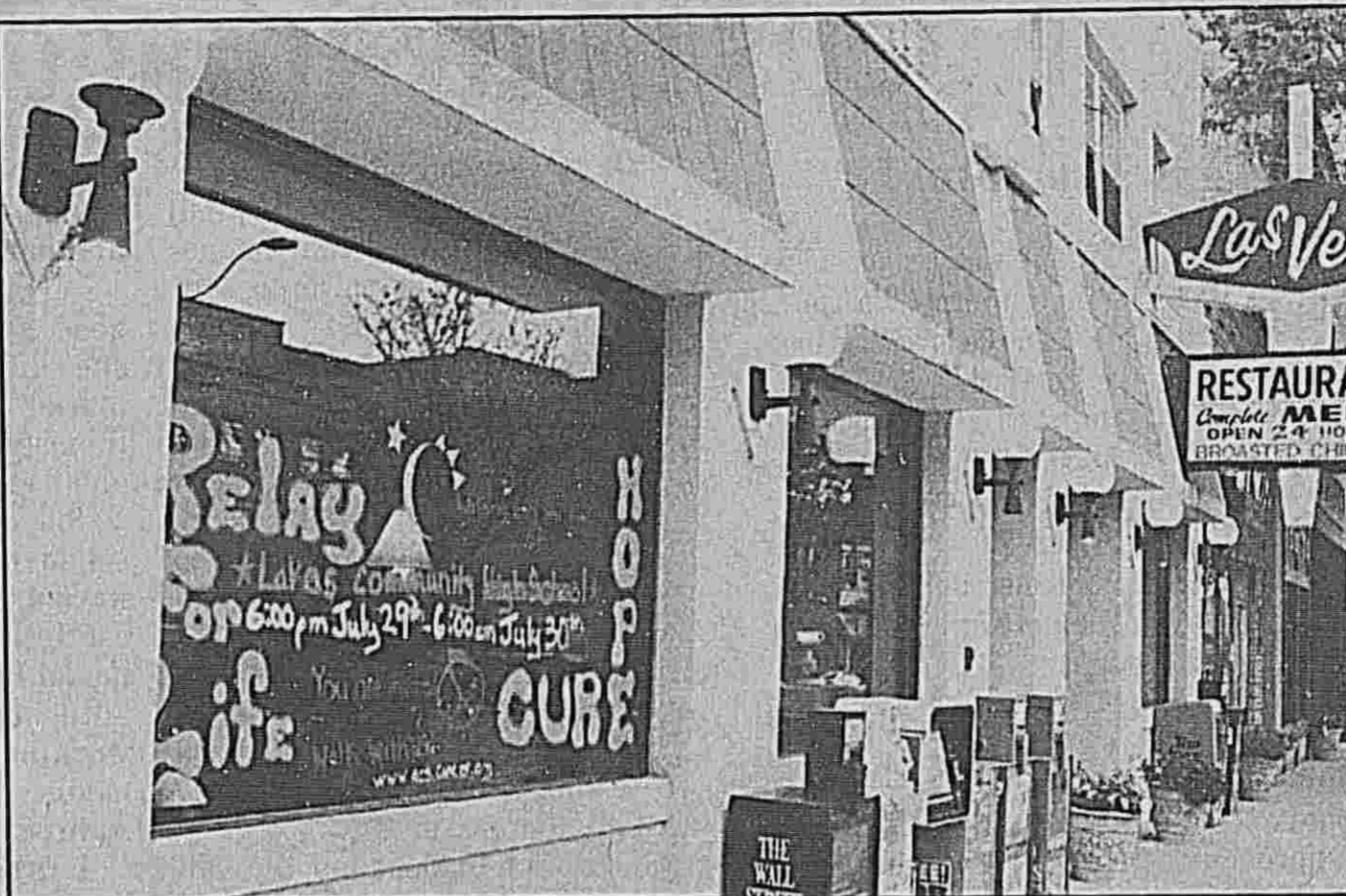
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Ready for the run

Annie Christie - achristie@nwnewsgroup.com

Downtown Antioch prepares for the American Cancer Society Relay For Life at Antioch High School on 6p.m July 29- 9 a.m July 30th.

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preview

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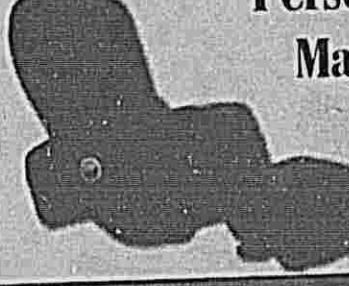


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White Tower Farms takes big steps toward completion

By TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH — The White Tower Farms property is moving closer to becoming a subdivision.

On July 3, village trustees approved a major step in developing 155.29 acres into a 301-home neighborhood.

A newly-approved resolution annexed the land into Lake County's Northeast FPA

Special Service Area No. 9, providing sewer service for the future homes.

Two weeks ago, trustees approved the preliminary Planned Unit Development Plat and Plan, giving developers the

go-ahead to start work on the subdivision.

Residential Land Fund, the developer, and the village have negotiated for over a year on the details of the subdivision and its impact on schools and

existing neighborhoods.

Trustees will consider during their next village board meeting an ordinance that approves the preliminary plan for the White Tower Farms housing development.

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Different is good



Ryan Rayburn - rrayburn@nwnewsgroup.com

Colleen Coia, of Grayslake, and her son Brad, 19, eat lunch together at Arby's in Antioch. Coia and her son are regulars at the restaurant and were awarded an Arby's VIP card Thursday during the company's 3,500th Arby's restaurant celebration at the Antioch location. The card gives Coia a free meal a week for a year.

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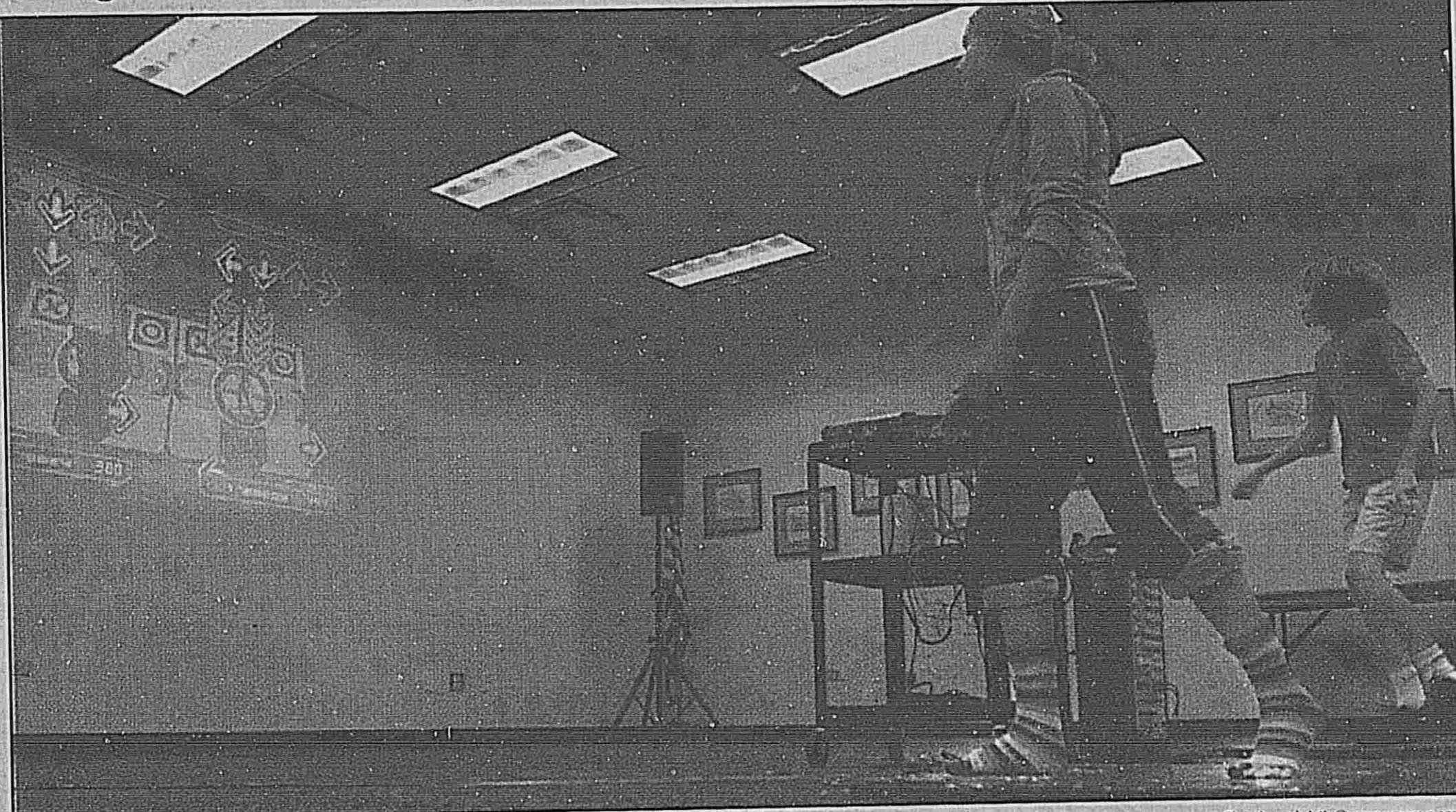
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The right moves



Annie Christie - achristie@nwnewsgroup.com

Julie McIlhany, 13, of Antioch and Travis Merchant, 12, of Antioch practice Dance Dance Revolution for an upcoming DDR tournament on Aug. 16 from 6 to 9 p.m. at the Antioch Public Library.

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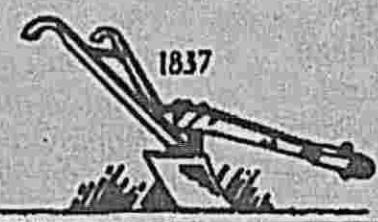
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ANTIOCH

• **5th Annual Grass Lake School Rummage Sale and Art & Craft Fair.** 7 a.m.-7 p.m., Thursday-Saturday, July 13-15; 8 a.m.-4 p.m., Sunday, July 16. Grass Lake School, 26177 W. Grass Lake Rd. For more information, call Sharon Goebel at (847) 707-0856.

• **Village of Antioch Planning and Zoning Board meeting.** 7:30 p.m., second Thursdays. Municipal Building, 874 Main St. Call (847) 395-1000 to confirm.

• **Grass Lake District 36 School Board meeting.** 7 p.m., second Tuesdays.

• **American Business Women's Association meeting.** 8 a.m., second Wednesdays. Keller Williams Realty on Rt. 83 (south of Rt. 173). Call Nancy at (847) 838-6500 for information.

• **Bingo.** 12:45 p.m., Mondays. The Senior Center. Call (847) 395-0139 for details.

• **Bingo.** 6:45 p.m., Tuesdays. Antioch VFW. Doors open at 4:30 p.m. Call (847) 395-5393 for more information.

• **Pinochle.** 12:30 p.m., Thursdays and Fridays. The Senior Center. Call (847) 395-0139 for details.

• **A Safe Place support group meeting.** Mondays. For women who are dealing with abuse in their homes. All are welcome. No fees. Call A Safe Place at (847) 249-4450 or (847) 249-6557 (TTY) or go to asafeplaceforhelp.org for more information.

• **CPR classes.** 6 p.m., second and fourth Wednesdays. Squad Building, 835 Holbek Dr., sponsored by Antioch Rescue Squad. \$5 fee. Call (847) 395-5511 to learn more.

• **Take Off Pounds Sensibly meeting.** 6:30 p.m., Wednesdays, weigh-in, 7 p.m. meeting. The Senior Center, 817 Holbek Dr. Call Dorothy Stark at (847) 395-7407 or Betty Muller at (847) 838-3907 for more information.

• **Kiwanis Club of Antioch meeting.** Noon, Tuesdays. Bacchus Restaurant. The public is welcome to join and share experience, knowledge and service project ideas. Call Melissa at (847) 489-8044 or e-mail at mjrigoni@hotmail.com for more information.

• **Lakes Area Community Band rehearsal.** 7-9 p.m., Mondays. Antioch Community High School band room. Area musicians high school age and older are welcome to join. No auditions. Call Debbie Davis at (847) 395-0272 to learn more.

• **Open gym.** 7-9 p.m., Sundays. Antioch Community High School. \$2. Adults only.

BARRINGTON

• **Grandparents Who are Raising Their Grandchildren support group meeting.** 10-11:30 a.m., Thursdays. Call Stephanie Loda at (847) 432-4981 for details.

FOX LAKE

• **5th Annual Rummage Sale and Craft Show.** July 13-16. Grass Lake School. For more information, call Sharon Goebel at (847) 707-0856 or (847) 395-1550, ext. 22. Donations accepted until July 10.

GRAYSLAKE

• **Zurko's International Antique Market.** 8 a.m.-3 p.m., Sunday, July 9. Lake County Fairgrounds. For more information, call (715) 526-9769 or visit www.zurkoantiquetours.com.

GURNEE

• **Congregation Am Echad Annual Family Picnic.** 11 a.m.-2:30 p.m., Sunday, July 16. Warren Township Center Park, Shelter C, 17801 W. Washington St. Current members and those interested in learning more about Am Echad are welcome. For more information, call Rachel Lerche at (847) 662-1359.

• **Home Office Managers and Entrepreneurs meeting.** 9 a.m., second Wednesdays. First Midwest Bank, 300 N. Hunt Club Rd. Exchange ideas, guest speakers, referrals, share business-owner experiences. Call (847) 367-7118 for details.

• **Network Lake County meeting.** 8-9 a.m., Thursdays. A business networking group meeting in Gurnee. Call Boyce Buckner at (847) 838-0058 to learn more.

• **Lake County Chamber of Commerce networkers group meeting.** 7:30 a.m., first and third Fridays. In-Laws Restaurant, 720 N. Milwaukee Ave. Call (847) 249-3800 for information.

• **Bingo.** 7 p.m., Saturdays. American Legion Hall, 749 Milwaukee Ave.

• **Viking Park Singers rehearsals.** 7:30-9:30 p.m., Tuesdays. Viking Park Dance Hall. Interested singers are welcome.

• **Singles (ages 55+) Breakfast Group meeting.** 8:30 a.m., Saturdays. In-Laws Restaurant, 720 Milwaukee Ave. Call Chuck (847) 362-5458 for details.

HAINESVILLE

• **Village Board meeting.** 7 p.m., second and fourth Tuesdays. 100 N. Hainesville Rd. For more information, call (847) 223-2032.

• **Finance Committee meeting.** 6:15 p.m., second Tuesdays. 100 N. Hainesville Rd. For more information, call (847) 223-2032.

AROUND TOWN

• **Public Works/Public Property and Open Spaces Committee meeting.** 6:30 p.m., second Wednesdays. 100 N. Hainesville Rd. For more information, call (847) 223-2032.

HIGHWOOD

• **Midwest Young Artists annual "Concert on the Lawn."** 6 p.m., Saturday, July 15. MYA Center at Fort Sheridan, 878 Lyster Rd. For more information, call (847) 926-9898 or visit www.myab.org.

INGLESIDE

• **Fox Lake/Round Lake Area Rotary meeting.** Noon, Fridays at Za Za's, 69 Washington.

• **Grant Hall Museum.** 1-4 p.m., Sundays. Fox Lake-Grant Township Area Historical Society, 411 Washington St. Admission free, donations accepted. For information, call (847) 587-0544 or mail P.O. Box 224, Ingleside IL 60041.

LAKE VILLA

• **Lake Villa Village Board meeting.** 8 p.m., second Wednesdays.

• **Lake Villa District Library Board meeting.** 7 p.m., second Mondays. 1001 E. Grand Ave.

• **Lake Villa Township Board meeting.** 7:30 p.m., second Tuesdays. Township offices, 37908 N. Fairfield Rd. Call (847) 356-2383.

• **Weigh to Win meeting.** 7-8 p.m., Tuesdays. Calvary Christian Center, Monaville Rd. Call (847) 356-6181 to learn more.

• **Lake Villa Take Off Pounds Sensibly meeting.** 5:30 p.m., Wednesdays. Church of the Holy Family, 25291 W. Lehman. Call Cathy at (847) 587-7710 or Debbie at (847) 687-5531 for details.

• **MOMS Club of Lake Villa/Lindenhurst meeting.** 9:30 a.m., Mondays. Lake Villa District Library, 1001 Grand Ave. Children welcome. For more information, call Erin Bearss at (847) 546-1545.

LILY LAKE

• **Steirer Club of Chicago Austrian Ethnic Picnic.** Noon, Sunday, July 16. Lily Lake. Games, food, music and raffle. \$6 admission, children under 12 free. For more information, call Johanna or Leo Payne at (847) 677-0926.

LINDENHURST

• **Life Source blood drive.** 4-9 p.m., Tuesday, July 11. Congregation Am Echad, 2945 Falling Waters Blvd. Open to the public, by appointment or walk-in. To make an appointment or for more information, call (847) 265-1818.

• **Lindenhurst Village Board meeting.** 7 p.m., second and fourth

Mondays. Village Hall Boardroom. Call (847) 356-8252 for more information.

• **Lindenhurst Community Partnership meeting.** 7 p.m., second Wednesdays. Village Hall.

• **Free blood pressure screening.** 8 a.m.-noon, Mondays. Victory Lakes Continued Care Center. Call (847) 356-5900 to learn more.

• **VFW Post 4894 meeting.** 8 p.m., second Wednesdays. Civic Center. Call (847) 356-7482 for details

• **Lake Villa Township Lions Club board meeting.** 7 p.m., second Tuesdays. State Bank of the Lakes.

• **Men's Club of Lindenhurst (ages 21 and older) meeting.** Call (847) 356-5014 (weekends) to learn more.

• **Women's Club of Lindenhurst meeting.** 7 p.m., second Thursdays at Civic Center. Call (847) 356-2286 for more information.

MILLBURN

• **Lake County Doll Collectors meeting.** 1 p.m., third Saturdays. Millburn Congregational Church, Rt. 45 and Grass Lake Rd. Call (847) 623-2072 for details.

ROUND LAKE

• **Bingo.** 6:30 p.m. Saturdays. St. Joseph's, Lincoln Ave. Doors open at 3:45 p.m.

• **Knights of Columbus Bingo.** 3 p.m., Sundays. St. Joseph's Church, 114 N. Lincoln, Round Lake.

• **A Safe Place support group meeting.** Wednesdays. For women who are dealing with abuse in their homes. All are welcome. No fees. Call A Safe Place at (847) 249-4450 or (847) 249-6557 (TTY) or go to asafeplaceforhelp.org for more information.

• **Big Brothers, Big Sisters meeting.** 6:30-8 p.m., Mondays. Calvary Presbyterian Church, 510 Cedar Lake Rd. Call (847) 360-0770 for information.

ROUND LAKE BEACH

• **Round Lake Stitch 'n Bitch meeting.** 6:30 p.m., second and fourth Mondays. Round Lake Panera Bread, 254 E. Rollins Rd., for knitters who want to meet other knitters regardless of skill level, to knit & chat. Contact Shawn Nelson (847) 293-2175 for more information.

ROUND LAKE HEIGHTS

• **Round Lake Heights Village Board meeting.** 7 p.m., second Tuesdays. Village Hall, 619 W. Pontiac Ct. Call (847) 546-1206 for information.

• **Round Lake Area Community**

Band rehearsals. 7-9 p.m., Tuesdays. Indian Hill School, 1920 N. Lotus Dr. New musicians and all instruments are always welcome. Call Christi at (847) 546-8558, ext. 422 to learn more.

ROUND LAKE PARK

• **Village of Round Lake Park Committee meeting.** 7 p.m., second and fourth Tuesdays. Village Hall, 203 E. Lake Shore Dr. Call (847) 546-2790 for information.

• **Lake County Community Health Partnership Immunization Clinic.** 9-11 a.m., second Wednesdays. American Legion Hall, 111 E. Main St. Call (847) 377-8470 for details.

• **American Legion Post 1170 meeting.** 7 p.m., second Thursdays. 111 Main St. Open to public, new members are always welcome. Call the post at (847) 546-3512 for more information.

WADSWORTH

• **Midwest Young Artists concert at Tempel Lippizan Farm.** 1 p.m., Sunday, July 9. See the beautiful Lippizan horses dance to live chamber music. For ticket information, visit www.tempelfarms.com.

WAUCONDA

• **Civil War Encampment.** Saturday-Sunday, July 8-9. Lakewood Forest Preserve, Rt. 176. For more information, call (847) 968-3321 or visit www.lcfpd.org.

WAUKEGAN

• **8th Annual Scoop the Loop.** Thursday-Saturday, July 6-8. Downtown. More than 1,400 cars cruise the route each night. The car show includes classic, muscle, antique cars and trucks. For more information, call (847) 339-7557 or visit www.scoopthe-loop.com.

• **Waukegan Harbor Antique and Collectible Show.** 9 a.m.-4 p.m., Sunday, July 16. Waukegan Municipal Beach. For more information, call (847) 662-0024 or visit www.illinoislitterlotto.com/whacs.html.

SALEM, WIS.

• **Senior Coffee Hour.** 9 a.m., first Fridays. Salem Community Library, 24615 89th St. Coffee, healthy snacks, programs for seniors and good conversation. Call (262) 843-3348 for details.

• *To submit an item to the Calendar, e-mail to wjcalendar@weeklyjournals.com, phone (847) 223-8161 or fax (847) 223-8810 at least 14 days before the event.*

NASCAR THIS WEEK**NEXTEL CUP SERIES**

- Race: USG Sheetrock 400
- Where: Chicagoland Speedway, Joliet, Ill. (1.5 miles), 267 laps/400.5 miles.
- When: Sunday, July 9
- Last year's winner: Dale Earnhardt Jr.
- Qualifying record: Jimmie Johnson, Chevrolet, 188.147 mph, July 8, 2005.
- Race record: Kevin Harvick, Chevrolet, 136.832 mph, July 14, 2002.
- Last week: Tony Stewart's performance at Daytona International Speedway was positively Roman. He came. He saw. He conquered. Debris in turn three turned what might have been a glorious finish into an anticlimax. Stewart exe-

cuted a remarkable comeback after the final caution flag. He drove from 10th to second in a span of two laps, then, after another caution flag, polished off Boris Said, the driver whom he had started alongside at the start. But, on the final lap, the champ was in a bit of a predicament. A pair of brothers, Kyle and Kurt Busch, were positioned behind him. That's when the debris was discovered in turn three. When the yellow waved, the field was frozen, giving Stewart his second consecutive victory in this race. The road-course specialist Said, meanwhile, wound up fourth, his highest career finish on an oval track.

BUSCH SERIES

- Race: USG Durock 300
- Where: Chicagoland Speedway (1.5 miles), 200 laps/300 miles.
- When: Saturday, July 8
- Last year's winner: Kevin Harvick
- Qualifying record: Ryan Newman, Dodge, 186.438 mph, July 9, 2005.
- Race record: Kevin Harvick, Chevrolet, 130.340 mph, July 9, 2005.
- Last week: Dale Earnhardt Jr., in a Chevrolet, dominated the Winn-Dixie 250 at Daytona.

CRAFTSMAN TRUCK

- Race: Built Ford Tough 225
- Where: Kentucky Speedway, Sparta, Ky. (1.5 miles), 150 laps/225 miles.
- When: Saturday, July 8
- Last year's winner: Dennis Setzer
- Qualifying record: Bill Lester, Toyota, 178.141 mph, July 9, 2005.
- Race record: Mike Bliss, Chevrolet, 143.515 mph, July 13, 2002.
- Last week: Terry Cook, in a Ford, won the O'Reilly Auto Parts 250 at Kansas Speedway.

CHICAGOLAND DATA**USG Sheetrock 400 — July 9**

Distance:.....1.5 mile trioval
Length of frontstretch:....2,400 ft.
Length of backstretch:....1,700 ft.
Miles/Laps:..400.5 mi. = 267 laps

Banking in trioval
11°
Banking in turns 1-4
18°

WHAT'S UP NEXT

TOP 10 IN POINTS**NEXTEL CUP**

1. Jimmie Johnson	2,501
2. Matt Kenseth	- 8
3. Dale Earnhardt Jr.	- 267
4. Kasey Kahne	- 292
5. Tony Stewart	- 299
6. Mark Martin	- 324
7. Jeff Burton	- 349
8. Kyle Busch	- 406
9. Kevin Harvick	- 413
10. Denny Hamlin	- 453

BUSCH SERIES

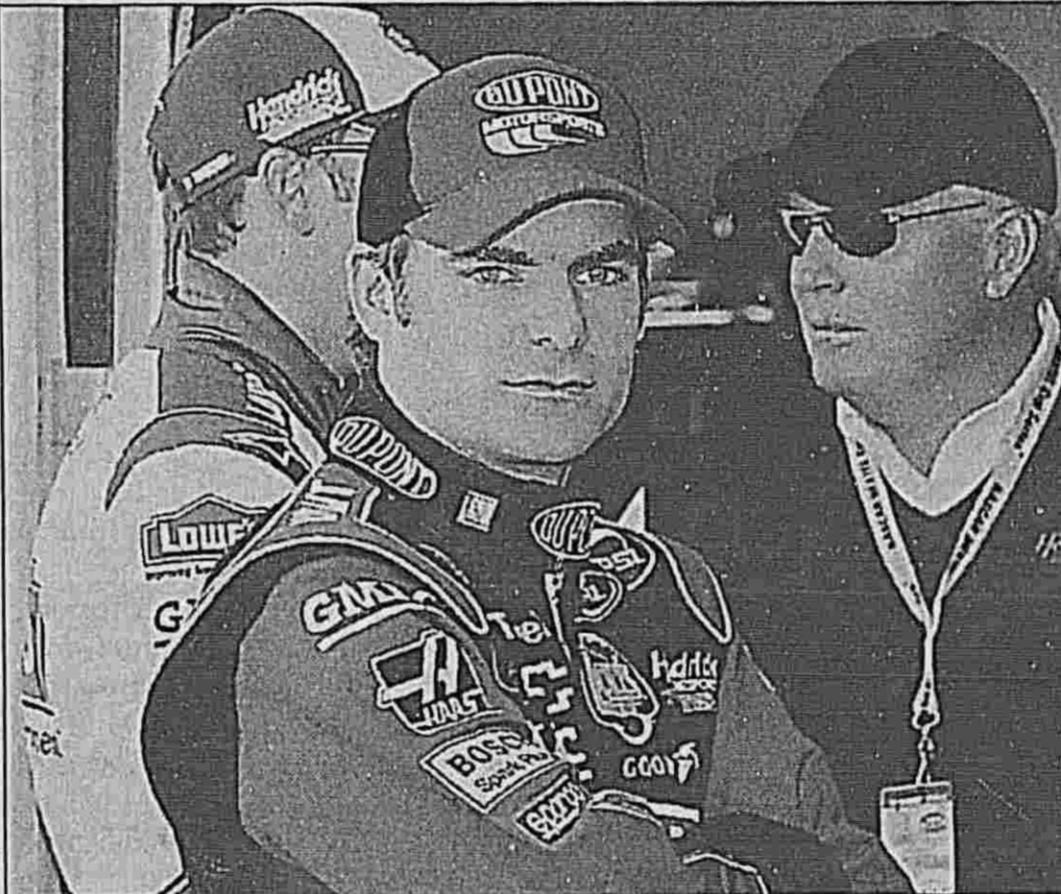
1. Kevin Harvick	2,812
2. Carl Edwards	- 388
3. Clint Bowyer	- 423
4. Denny Hamlin	- 431
5. J.J. Yeley	- 452
6. Greg Biffle	- 639
7. Paul Menard	- 645
8. Kyle Busch	- 658
9. Kenny Wallace	- 830
10. Johnny Sauter	- 854

CRAFTSMAN TRUCK SERIES

1. Todd Bodine	1,909
2. David Reutimann	- 1328
3. Johnny Benson	- 143
4. Ted Musgrave	- 252
5. Rick Crawford	- 273
6. Terry Cook	- 307
7. David Starr	- 309
8. Dennis Setzer	- 316
9. Jack Sprague	- 331
10. Ron Hornaday	- 349

► Who's hot — Kurt Busch has finished in the top 10 in four straight races. ... Boris Said, fourth at Daytona, had his best-ever finish in a non-road-course event.

► Who's not — Jimmie Johnson had his worst finish of the season, and his points lead dropped from 101 to eight. ... Jeff Gordon fell back out of the top 10 in points.

WHO'S HOT AND WHO'S NOT

Jeff Gordon crashed late in the Pepsi 400 and wound up 40th, dropping him to 12th in the points standings.

John Clark/NASCAR This Week

FEUD OF THE WEEK**Jimmie Johnson vs. Bobby Labonte**

Near the end of the Pepsi 400, Johnson lost control and slid into Labonte, with his car pinning Labonte's against the wall. The incident cost Johnson most of his points lead and left him in 32nd place, his worst finish of the year. The crash was as costly for Labonte, who is trying to bring his new team, Petty Enterprises, up to speed. "The car was fast and good and everything," said Labonte. "We were sitting at the right place and, then, all that happened at the end, and it was very unfortunate."

NASCAR This Week's Monte Dutton gives his take: "Johnson had won the first two restrictor-plate races of the season, putting behind a reputation, among some of his peers, for recklessness in 'plate races.' It doesn't take much of a mistake for a crash to occur in the close, narrow quarters of Daytona."

France says Chase changes are likely next season

By Monte Dutton
NASCAR This Week

DAYTONA BEACH, Fla. — NASCAR chairman Brian France, who hasn't often been readily available for public comment this year, conducted a press conference on June 30, and the chief news was his strong intimation that the Chase for the Nextel Cup format will be changed next year.

France said it was "a natural time" to tweak the format that determines the champion, citing the phase-in of the so-called "Car of Tomorrow" and the beginning of a new television deal.

Expect NASCAR to make the Chase even more "tricked up" than it already is. France suggested that some changes might be implemented to reward victory in the final 10 races. Tony Stewart won the title last year despite failing to win any of the Chase races.

Another likelihood is a separate point system for the drivers who make the Chase. Such a system would keep the race closer since Chase drivers would be rewarded for their finishes relative to one another instead of relative to the entire field.

How can that be? On a fairly regular basis, NASCAR announces what would seem to be a contradiction in terms.

Before the Pepsi 400, officials announced that two cars, the Dodges of Kasey Kahne and Michael Waltrip, would start at the rear of the field for "making unapproved adjustments after the impound."

How could unapproved adjustments possibly be made "after the impound"? Isn't that the purpose of impounding the cars after qualifying? Was there some espionage opera-

tion in which mechanics from Kahne's and Waltrip's teams cut a hole in a fence or busted a window, and stealthily snuck into a darkened impound area with wrenches and flashlights?

Well, no ... the cars are locked into garages, but before the race, teams can request permission to make specific changes, the penalty for which is starting at the rear of the field.

Tough guy — Despite the fact that it was 90 degrees, Vice President Dick Cheney wore a jacket when he ad-

dressed the crowd before the start of the race. He also addressed the drivers' meeting.

Cheney also made a point, after his public remarks, of backing away from the microphone into a snug spot between Ken Schrader, whose Ford was sponsored in part by the Air Force, and Joe Nemechek, whose Chevrolet carried the colors of the Army.

In the drivers' meeting, Cheney called the president of NASCAR "Big Mike" (Helton) and said he'd heard what goes in the Nextel Cup hauler "is sometimes more exciting than what happens in the race itself."

NUTS AND BOLTS

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Semi-pro Lakers chasing the dream

Coach Chism, IBL players show off skills to NBA scouts

By DANIEL J. PATRICK
dppatrick@nwnews.com

If Shawn Chism had his way, everyone in Lake County would have Sunday nights marked off their calendars and "Lakers" would have nothing to do with Kobe Bryant.

Chism, a former College of Lake County basketball coach, is the owner, general manager, and now the head coach of the Lake County Lakers, an International Basketball League franchise based right here in Lake County. And he hopes the Lakers have what it takes to attract basketball fans of all ages.

"It's an exciting league," Chism said. "Both teams score well over 100 points and it makes for a fast-paced, high-intensity game."

To put his point in perspective, even in defeat, the Lakers scored 114 points against the Elgin Racers last Friday — and lost 160-159 in a game against Holland in April.

The Lakers even have their own area flair, with players such as John Jones (Waukegan), Theandre Kimbrough (Zion-Benton) Quiande Moore (Zion-Benton) and Tony



Candace H. Johnson - cjohson@nwnews.com

Former Chicago Bulls center Bill Cartwright gives some pointers to Ryan Edwards of Glendale Heights during a practice with the Lake County Lakers at the College of Lake County in Grayslake. The Lakers are part of the International Basketball League. Edwards is the leading scorer of the Lakers, averaging 28 points a game.

Murdock (Round Lake). However, the roster is ever-changing, and many players have gone through the team's ranks.

Long-term strategy

The Lakers are part of the International Basketball League, a professional league with its sights set on the Continental Basketball Association in the minor league basketball food chain. The IBL is based on a high-scoring, entertainment-based philosophy, using shorter shot clocks and limiting timeouts for a faster, more spectator-

friendly feel.

While Chism has built quite a name for himself as the coach of the College of Lake County Lancers, his Lakers have still struggled to find a foothold in the area. Chism estimates average attendance numbers of about 200 people.

"It's been tough for us, but it's because there's so much for people to do around here," Chism said. "We're just hoping that Lake County understands that we're a Lake County team and we enjoy representing the area."

In order to improve attendance num-

bers, Chism intends to schedule all games to Sunday nights in addition to changing venues exclusively to CLC's basketball gym. Chism hopes those two ingredients will be enough for the Lakers to succeed as an IBL franchise.

"We're changing to Sundays so that our games won't have to compete with a lot of the other activities around here," Chism said. "We're focusing on becoming the one thing that people want to do and hopefully, we'll catch on and the people will come to see our games."

Ruling with a whisper

There he was, all 7 feet, 1 inch of him, former Bulls head coach and current New Jersey Nets assistant coach Bill Cartwright. The former Bulls center watched Laker Ryan Edwards, along with teammate and Chicago high school basketball legend Ronnie Fields work out.

Edwards currently is averaging more than 28 points per game for the Lakers, good for third in the league, while Fields is still looking for his chance in the NBA after a legendary high school career in Chicago's Farragut Academy. Cartwright took the time out of his schedule to check out the team not only as a talent scout, but as a fan interested in area basketball.

"I've known the kid [Chism] for a long time," Cartwright said. "I see guys with talent everywhere you go. It's not

See LAKERS, page A21

Dog Days Coming Through Soon!!



Schachner advances to Western Open

Libertyville graduate, Duke golfer drains hole-in-one on No. 17 in general qualifier

By CHARLIE CORR
ccorr@nwnewsgroup.com

From competing in the NCAA Championships to qualifying for the Cialis Western Open, Michael Schachner is living out a banner spring and summer.

Thanks to his steady play since May, as well as a little fortune on the 17th hole, Schachner advanced to this year's Western Open for his first professional tournament.

The Libertyville High School grad and Duke golfer buried his third-ever hole-in-one en route to tying for first place with three other golfers in the Western Open General Qualifier on July 3 at Village Links in Glen Ellyn.

"I couldn't have asked for a better place," Schachner said about advancing to play the big boys at Cog Hill in Lemont. "This is just awesome."

Schachner teed off with Jeff Overton and nine-year veteran Eric Axley during Thursday's opening round.

The lone amateur to advance out of the qualifier shot a 4-under 68, tying him with Scott Baines of Des Plaines, Nick Gilliam of Green Bay, Wis., and Scott Gutschewski of Elkhorn, Neb.

Schachner's 33 on the back nine was tops among all golfers. And it was No. 17 that drove the Libertyville native into his first professional tournament.

It took Schachner a while to realize he nailed a hole-in-one that took him from 2 under to 4 under with one swing.

"Earlier, I had three-putted for a par. Right then, I told my sister (University of Florida-bound Nicole Schachner), 'I don't know if I can make it,'" Schachner said. "I get up to 17 and hit my tee shot on the par 3. I thought I missed the green."

"When I walked over the ridge, I didn't see [the ball] on the green. It went into the hole," Schachner said. "I couldn't believe it."

This marked Schachner's third attempt to qualify for a professional event as an amateur. He also has tried to qualify for the U.S. Open.

With rain in the forecast most of the day, Schachner had relatively good playing conditions late in the morning. The

rain was pretty steady for the first three or four holes. But the rest of his round was pretty ideal, with the exception of a little wind.

Now he advances to Cog Hill, which will be a relatively new course to tackle and obviously a new environment to adjust to.

"I've only played there once," Schachner said. "I've gone out and watched the tournament probably every year. I [teed up Tuesday to] try and get my bearings and see how everything works."

He'll have a strong contingent of fans making it down for this weekend's event.

"Everyone's talked about

coming down and watching me play," Schachner said. "At the country club I play at, there are a ton of guys that are anxious to see me."

• Nenad Radovic of Gurnee managed to qualify for the general qualifier. But he wound up with a 10-over 82 on Monday, giving him a 61st-place finish.

Schachner tied for first place in the Western Open General Pre-Qualifier on June 28 at Village Links.

Schachner tied Crystal Lake's Joseph Affronti with a 5-under 67.

Radovic tied with seven other golfers for 43rd in the pre-qualifier. He shot a 4-over 76.

Hometown Sports

LCLGA seeking female golfers for amateur tourney

Lake County women golfers now have a chance to show what they're made of against some of the area's best in the 35th annual Lake County Ladies Invitational Amateur Golf Tournament.

The tourney is scheduled for Monday, July 17, at the Pine Meadows Golf Club, located at 1 Pine Meadow Lane, in Mundelein. Requirements for the tournament are that participants must be 18 years or older and must have a handicap of 30.6 or less.

There will be an entry fee of \$90, which includes a 2006 LCLGA membership, green fees, range balls, team event, prizes and complimentary lunch. Space is limited, and no more than 120 entries will be accepted. There also will be a cart fee of \$10, which is not included in the initial entry fee.

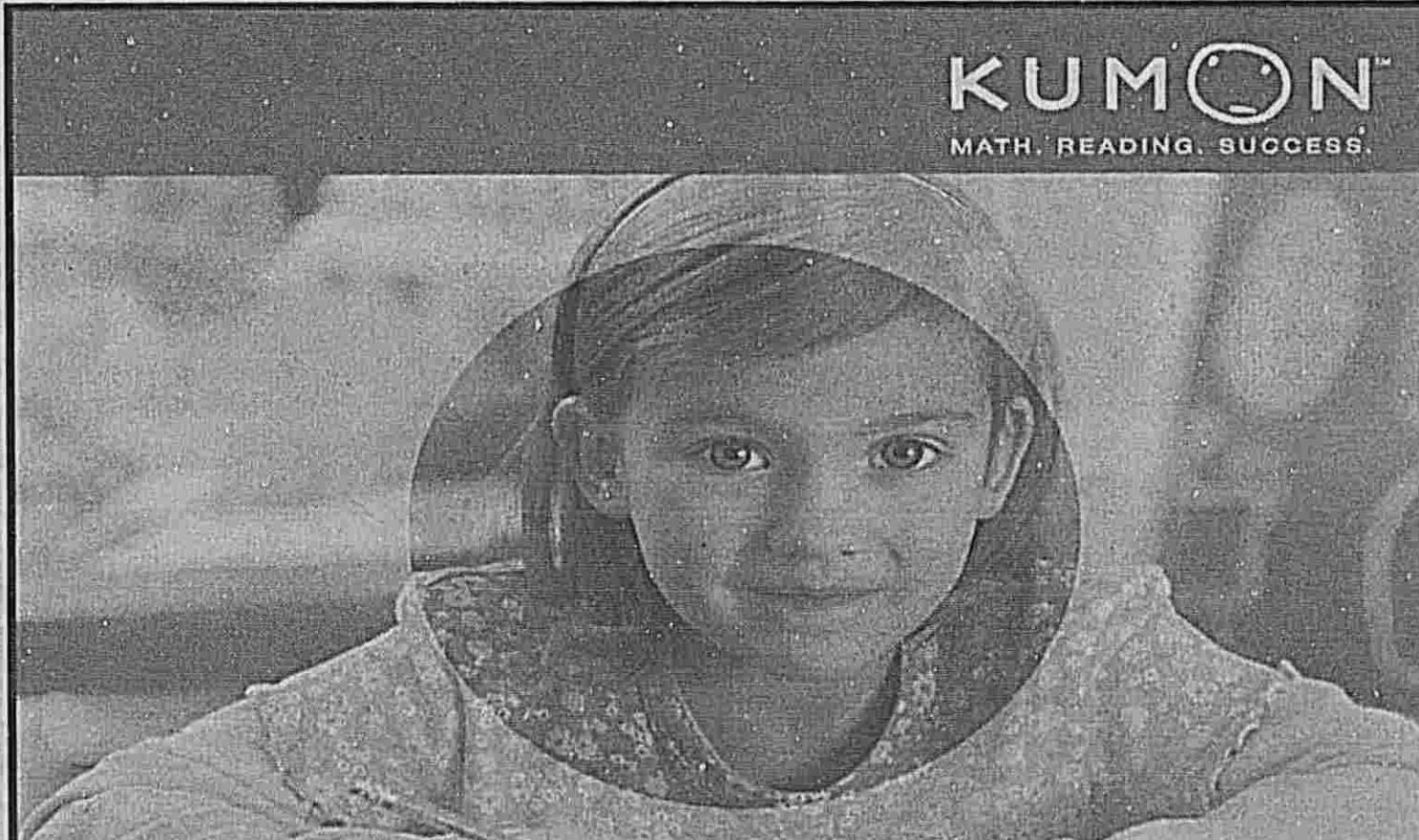
World's largest 3v3 soccer tourney coming to Libertyville

The Sports Illustrated for Kids Kick-It 3v3 Tour is a national soccer tournament visiting more than 60 markets. And now it's Lake County's turn.

The Kids Kick-It 3v3 will be coming to the Libertyville Soccer Complex at 1580 W. Winchester Road in Libertyville.

The event is scheduled from 9 a.m. to 5 p.m. on Sunday, July 23 at the Libertyville Soccer Complex. The tourney will give kids the opportunity to qualify for the 2006 World Championships at the Disney's Wide World of Sports Complex in Orlando, Fla.

For more information about the tournament, visit online at www.Kickit3v3.com or call (888) 997-PLAY to register.



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● Campus Corner

Series champ explores new territory at UW-Parkside

KENOSHA, Wis. — Waukegan native **Jarvis Brown** had his moment of fame at an early age when he earned a World Series championship as a rookie with the 1991 Minnesota Twins.

Baseball has been a part of Brown's life from Day 1, from his prep playing days at Kenosha St. Joseph's to the big dance with the Twins, Padres, Braves and Orioles.

But life beyond baseball was a different issue. It wasn't until recently when Brown wanted to earn his degree after a 19-year span without opening a textbook.

Now, he will get his opportu-

nity to fulfill that missing void in his education ... and he'll be doing that alongside his student-athletes at the University of Wisconsin-Parkside.

"I feel so lucky to have this job," Brown said of his new head coaching position with the Parkside Rangers baseball team. "I think I have the opportunity to hopefully influence baseball players and students in a positive way."

"That's my satisfaction, even if it reaches just one out of every 10 players," he said. "If I can just reach that one kid, I'll feel like I've made a difference."

Brown, who had been assisting Carthage College's Division

III program on a part-time basis for the last three years, was not

even pursuing the Parkside post because he figured that without a degree, the athletic department would not take a look at him. But when

Parkside contacted him, with the assurance he would fulfill his requirements en route to a sports management degree, Brown couldn't refuse the op-

portunity.

Brown has a tremendous appreciation for some of the coaches he played under: Bob Lee, who managed the Class A Kenosha team in the Midwest League in the late '80s, and, of course, former Twins skipper Tom Kelly and current Minnesota manager Ron Gardenhire.

The '91 Twins team has become the perfect teaching tool from a coaching standpoint. That World Series squad, which had only one Hall of Fame player in the late Kirby Puckett, was built around the "team" attitude. Brown fit that brand of baseball, typically used in pinch running opportunities and other roles off the bench.

"The Twins' system was always driven," Brown said. "We were always trying to win every inning. It was one of those things that you don't give up and you keep fighting."

"I'd like to think that I modeled those guys," he said. "That mindset we had toward the game of baseball, that's what I based my whole career on."

If anything, his ability to manufacture bases and runs during his career should rub off with his Parkside players. After all, in a wooden bat league, where pitching is at a premium and runs are occasionally hard to come by, Brown's mentality toward the game is fitting at the

See CAMPUS, page A22

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Auto insanity: cure for summer blues

Is it just me, or is the summer flying by?

While I've most definitely caught up on my barbecue consumption during the Fourth's weekend, I still feel as if I haven't fully utilized the summer.

Sure, I've covered the basics – I've been to the beach, I've taken in a few baseball games. Heck, I've even thrown around a Frisbee or two, but one thing I've definitely missed out on is the good, ol' American car show.

Through the attendance of countless automobile races and my dad's sorry excuse for a "family vacation," a yearly pilgrimage to the Corvette Assembly Plant in Bowling Green, Ky., I've had an unhealthy obsession with all things automotive since I was a child.

There's plenty of hardware around Lake County to keep hardcore enthusiasts excited, and may even bring a few new people into the fray. Some of the bigger car shows include Waukegan's Scoop the Loop, scheduled for this weekend (July 6-8), Libertyville's Car Fun on 21 (July 19) and a plethora of other shows for all types of cars everywhere on the map.

There are car shows out there for all tastes. For more information about upcoming events, one good place to start is the Car Show News Web site, located at www.carshownews.com/national/IL.htm.

That page will show viewers hundreds of car shows all over the great state of Illinois.

But of course, there's always the Volo Auto Museum for all of us in Lake County. However, I must warn everyone that once you catch the



**Daniel J.
Patrick**

fever, it's tough to shake.

As for me, sure, I've already been to the Volo, but that was just for work. Next time, if you see an oversized idiot in a White Sox cap, say something, and I'd probably fill your ears with so many automotive facts and figures that you'll vow never to set foot in a car again.

Either that, or you'll make a few contributions of your own.

So let's all make sure to check out the summer car show scene, or, dare I say it, check out a car race – you won't regret it. All I know is that I'd much rather see my summer cruise by than fly by.

For more information about Scoop the Loop, visit its Web site at www.scooptheloop.com. For more information about Libertyville's Car Fun on 21, call (847) 680-0336, or for more information about the Volo Auto Museum, visit its Web site at www.volocars.com.

...

Happy trails, (well, in a way) to former CLC men's basketball coach Shawn Chism. Chism will be leaving the College of Lake County to head up his semi-pro basketball team, the Lake County Lakers.

While the animated coach won't be with the Lancers anymore, he won't be far away as his Lakers play right here in the fertile suburban sprawl of Lake County. Over five years, Chism has helped 16 players advance to the four-year college level, including, most recently, La Chawn Anderson, Antoine Callum and Chuck Hudson, all going to Oklahoma Panhandle State University, while Jose Garcia will be playing for McKendree University.

Good luck in the pros, Shawn.

• Daniel J. Patrick is the sports editor for the Weekly Journals. Contact him at dpatterson@nwnewsgroup.com.

Chism departs for semi-pro ranks

By DANIEL J. PATRICK
dpatterson@nwnewsgroup.com

It's finally time for a change for former CLC men's basketball coach Shawn Chism. After five years of calling the shots for one of the most successful junior college teams in Illinois, Chism is calling it quits.

However, even with the change, one thing will remain constant: basketball.

Chism has left the head coaching post at CLC in favor of devoting all of his time to his International Basketball League team, the Lake County Lakers.

The veteran coach chose to leave the Lancers after his most successful season at the helm of the program. All in all, Chism acquired a 96-65 record with the Lancers, including a 23-7 mark in 2006.

According to Chism, time constraints played a big part in his decision to leave the College of Lake County.

"By the end of [the CLC basketball season], I was juggling quite a bit, between coaching the [CLC] team and doing the day-to-day things with my professional team," Chism said. "I knew that I wasn't able to put in all of my time with the [CLC] team and I couldn't do that to anyone. I couldn't look into my players' eyes and tell them that I wasn't giving my all."

Judging by the team's performance last season, CLC athletic director Chad Good was surprised to learn the Lancers

Lake County Lakers' remaining schedule

Date	Time	Opponent	Location
July 7	7:30 p.m.	Holland Blast	CLC Gym
July 8	7:30 p.m.	Elgin Racers	Elgin
July 13-16	5 p.m.	IBL Tournament	Elkhart, Ind.

For more information about the Lake County Lakers or the IBL, visit their Web site at www.iblhoopsonline.com/teamLakeCounty.html.

did not consume all of the coach's attention. For Good, last season simply was an epilogue for Chism's body of work within the CLC program.

"What he did the [five] years he was here was tremendous," Good said. "He built the program to what it is today. When he started, we could barely compete with a lot of the teams. Now, we're one of the best teams in the country."

Good was most impressed with Chism's ability to prepare players for the next level in college basketball. All told, 16 players went on to play at four-year institutions after suiting up for Chism.

Even with his departure from the Lancer program, Chism won't be all that far away. The college-turned-pro coach is working on a deal to have his pro team play all of their home games in CLC's gymnasium.

While there might not be much of a change of surroundings, it still was hard for him to leave the College of Lake County behind.

"Any time you put as much time and effort into anything

like this, it's hard to walk away," Chism said. "But I'm walking away on my own terms and I'm leaving the program in a good place."

Chism's assessment may be a bit of an understatement. In his last season as coach, the Lancers made it to the NJCAA Division II National Tournament regionals, taking the NJCAA Region 4 championship, both firsts for the program.

As a result of his efforts, Chism was named the 2006 NJCAA Region 4, NJCAA District 5 and the Illinois Basketball Coaches Association Coach of the Year.

Not a bad year for Chism, indeed.

Despite all of his recent success, Chism won't spout off about the awards or the wins. Instead, he'd rather talk about the people, who just happened to slip on a Lancer uniform.

"My best memory from CLC is the friendships and the relationships I got from that job," Chism said. "That was the best part of it – helping some of my guys grow up as players and as men."

IBL players getting some looks from the pros

• LAKERS

Continued from A18

just talent, but what you're prepared to do. If you're dedicated to working, that's when you have a chance."

Despite Cartwright's quiet, raspy voice, his presence bellowed for respect throughout the workout. Prior to the practice, Edwards was thankful for the opportunity to show his stuff for Cartwright.

"I'm extremely excited; I mean, how many chances do you get to have an individual workout with an NBA coach?" Edwards said before the workout. "This is a guard league because it's so fast-paced. Any league that gives you a chance to get seen is good for you and it's great that I've been given the chance."

That's exactly what Chism sets out to do with his team. Not only give the Lakers a chance to succeed, but give his players a chance to move on.

"That's what we're doing with this team is providing guys a platform to show their talents at a professional level," Chism said. "We want all of our guys to be able to help us out as a team, and in the process, elevate themselves on to better things in the future."

IBL championship or bust

With only one home game left on the schedule, the Lakers' inaugural season has come down to just a few precious moments. After a July 7 meeting with the Holland Blast, the team will be heading to Elkhart, Ind., for the IBL All-Star Game and Championship Tournament.

While his team sits at 3-11 at press time, Chism is still optimistic about the Lakers' chances in the tourney.

"We're just now starting to come together because everything has finally settled down," Chism said. "The players are getting to know each other and everything's in order for us in the tournament."

Waukegan native takes over UW-P baseball

• CAMPUS

Continued from A20

D-II level.

"One of the things that I'll talk to them about is if they're lacking fundamentals," Brown said. "Fundamentals are manufacturing: getting a sac fly, hitting the ball the opposite way. Those are things that manufacture into runs."

Brown's ties to the community obviously had a huge influence on his hiring at Parkside.

In 1981, Brown says he and many other local kids from the Waukegan and Zion areas attended St. Joe's High School. During his senior season in '85, Brown and the Lancers won

the strong Metro Conference.

Brown's alma mater has been fruitful as of late, taking home state titles in each of the last two seasons.

The baseball community certainly has shown its respect for Brown's accomplishments on the field and off. And his role within the game will be magnified even more under his new position.

"The people I know, they've been great to me," Brown said about his local supporters. "It's been wonderful. I've always cherished that."

Brown coached within the Twins organization at Class A Fort Myers in 1999 and Class AA New Britain in 2000. He also coached with St. Paul in

the Northern League in 2000 and managed New Haven in the Northeast League in 2004.

Brown, who was introduced as Parkside's new coach on June 19, takes over a program that finished in the middle of the pack in the Great Lakes Valley Conference, in seventh place. The Rangers missed the final qualifying spot to advance to the GLVC Tournament.

But Parkside has had some recent success, finishing atop the GLVC standings in '04 and winning the conference tournament in '05.

• Charlie Corr is a copy editor at the Weekly Journals. He can be reached via e-mail at ccorr@nwnews-group.com.

Come Worship With Us

A Directory Of Antioch Area Churches

Graceland Baptist Church. 258 Ida St., Antioch, IL. Sunday School 11am., Morning Worship 11am., Sunday Evening 7pm. Robert Williams, Pastor.

Beautiful Savior Lutheran Church. Missouri Synod, worshiping at Antioch/Lake Villa Township Center, 1625 Deep Lake Rd. Pastor Darald Gruen, (847) 265-2450. Sunday Worship at 9am, Sunday School, High School & Adult Bible Classes 10:45am.

Heritage Lutheran Church. Heritage Lutheran, 630 N. Beck, Lindenhurst, (847) 356-1766. Sunday service 10:00 am, Sunday School & Bible Class 9:00 am. (summer schedule - 9:00 am Sunday) Rev. Mark W. Anderson, Pastor.

St. Ignatius Episcopal. 500 Depot St. Antioch Phone (847) 395-0652. Low Mass 7:30am., High Mass 9:30am Sunday School & Nursery 9:30am.

CrossView Church
(formerly Antioch Evangelical Free Church)
750 Highview Drive, Antioch, IL 60001-4117 Sunday Worship 9:00am and 10:30am Sunday School for all ages (nursery provided) Call for more information.

St. Stephen Lutheran Church (ELCA). 1155 Hillside Ave. (847) 395-3359. Sunday Worship, 8:00, 9:30, 10:45am. Rev. Roger Black, Pastor. Saturday Worship Service 5:00pm

Christian Life Fellowship Assemblies of God Church. 41625 Deep Lake Rd., Antioch. (847) 395-8572. Sunday School (all ages) 9am., Sunday Worship 10am. & 6:30pm., Children's Church 10am., Wednesday Worship & Children's Program 7am., Tues. Women's Fellowship & Bible Study 9:11:30am. Jeff Brussaly, Pastor.

Antioch Baptist Church. 817 Holbeck Dr., Antioch. (847) 769-5332. Sunday Worship 10:15am., 6:00pm., Wednesday Bible Study 7:00pm. Pastor Ken Foster.

Community Church of the Holy Spirit. 25291 W. Lehmann Blvd., Lake Villa, (847) 245-3000. Sunday Worship 11am., Bible Study Wednesday 10:30am & 7:30pm. Rev. Scott Keenan, Pastor. www.myholyspirit.org.

Faith Evangelical Lutheran. 24300 W Grass Lake Rd., Antioch, (847) 293-6101. Sunday Worship 8am. & 10:45am., Mon. Worship 7:00pm, Sunday School Weekly at 9:30am., Adult Studies Sun. 9:30am & Tues. 7pm., www.faithantioch.org

Millburn Congregational United Church of Christ. 19073 W. Grass Lake Rd. at Rte. 45. (847) 356-5237. Sunday Services 8:30am. Eucharist at 10am. Family Worship with Church School and Nursery Care. Rev. Jed Watson, Pastor.

Antioch United Methodist Church. 848 Main St., Antioch, (847) 395-1259. Sunday Worship 8 a.m. and 10:30 a.m. Sunday School all ages 9:15am. Nursery birth through kindergarten of age from 8 to 11:30am. Rev. Barbara Good, Pastor. www.umcoa.org.

St. Peter's Church. 557 W. Lake St., Antioch. (847) 395-0274. Masses weekdays, 7:30am; Sunday 6:30, 8, 9:30, 11:30am & Saturday 5:30pm. Rev. Father Ronald H. Anglim, Pastor.

Chain of Lakes Community Bible Church. 43 W. Grass Lake Rd., Lake Villa. www.clcbc.com. (847) 838-0103. Sunday Worship 9:30 and 11:00. Sunday School, Jr. & Sr. High Youth Programs. Rev. Kerry Bauman, Senior Pastor

Good Shepherd Lutheran Church (Missouri Synod). 25100 W. Grand Ave. (Rte. 59 & 132), Lake Villa. (847) 356-5158. Sunday Worship 8:15 & 10:45am; Sunday School (3 and up) and Bible Study 9:30am. Rev. John Zellmer, Pastor.

Lighthouse Church of Antioch. 554 Parkway Ave., Antioch, IL (847) 838-0616. Saturday Service 7:00 p.m. Adventure Club for Kids, Adult Bible Study Saturday 6:00 p.m. Monday Bible Study 7:00 p.m. Thursday Evening PTSD Support Group 7:00 p.m. Senior Pastor Tom Bartner.

NorthBridge Church. A Contemporary Worship Experience. Meeting at Antioch Community High School, 1133 Main St., Antioch. (847) 838-0800. www.northbridgechurch.org. Sunday Service - 9:00am & 10:45am Children's Classes (K-8) - 9:00 am & 10:45 am. Mark Albrecht, Senior Pastor.

Visit our website at: www.strangfh.com
Dan Dugenske, Director

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• Views

Jenks a big attraction

CHICAGO – Not everyone can make the All-Star team. That's what Ozzie Guillen said.

He's right. There's a lot of deserving people staying home. Guillen pushed hard for third baseman Joe Crede to be on the team. Apparently it was more important for Mark Redman to fly to Pittsburgh and represent the Royals from the bench.

Hey, the people in Kansas City need something to be happy about these days. It gets really hot there in the summer.

The good news is that Guillen did his part as the

American League manager and helped land six White Sox players on the roster.

The heart of the order is making the trip. Jose Contreras and Mark Buehrle, too.

And cue Guillen's "tall and wide" bullpen summons. Big Bad Bobby Jenks is going to the 'Burgh.

It's a really unbelievable story, isn't it? A year ago Sunday, Jenks was still in the minors, fighting a problem-child label and the stigma of being placed on waivers by the Angels the previous winter. He was three days away from being called up by the Sox for his major league debut the next day.

Flash forward a year.

The Sox's closer is one of the most anticipated attractions of baseball's Midsummer Classic, a World Series ring on his finger and a quickly building resume as an unstoppable ninth-inning force.

"It's been a crazy ride," Jenks said after his team's 15-11 loss to the face-saving Cubs last Sunday. "The entire [past] year in itself, winning the World Series and being able to close down the final game.

"Then starting off this year really well and making the All-Star team? You can't explain it, it's unbelievable."

Unbelievable doesn't begin to explain Jenks' statistics this season. He has 25 saves with a 2.41 ERA and 43 strikeouts in 37 1/3 innings. He's blown only one

save. His fastball is reaching "I can't even think about catching up to that" status.

And while the Cubs' Ryan Dempster enters a game with demons running through his head, Jenks doesn't appear to be playing with any mental clouds. Lost in Saturday's epic win against the Cubs was the way Jenks easily went 1-2-3 in the bottom of the ninth.

"You talk to Bobby, he don't care about anything," said Guillen, actually paying a compliment to Jenks' mental makeup. "He's just there, then he leaves and then he comes back again."

Before Sunday's game, someone asked Guillen who his first-half MVP was. He quickly cycled through his three All-Star position players – Jim Thome, Paul Konerko and Jermaine Dye – before settling on Jenks.

Pitching coach Don Cooper backs Guillen's assertion.

"Let's face it – Bobby's a special guy," Cooper said. "He's got special physical ability, and he's a very strong mental guy. He deserves to be elected to the All-Star Game."

It's not hard to see why Jenks is a fan favorite. I've only been in the Sox's locker room for a few weeks, but it's easy to notice that Jenks still has that aura of wide-eyed wonderment that usually gets scrubbed in the rookie season.

He's a reflection of ourselves. You look around the Sox's locker room at the team's other All-Stars. It's apparent why they're able to launch home runs into the Allegheny River or push 95-mph fastballs past Travis Hafner.

With Jenks, it's different.

He's Joe Lunchbucket, the John Daly of baseball only with already-conquered demons. Remember that he had a few run-ins with alcohol in his minor league days?

"But now that's in the past, and that's where we leave it," Jenks said.

Now Jenks has a wife and two kids, who he's planning on bringing to the All-Star Game.

He also has a shotgun for an arm and a folk hero's name,

"The Ballad of Bobby Jenks?"

• Kevin Kaduk is the Weekly Journals sports columnist. Write to him at kkaduk@nwnews-group.com.



Kevin Kaduk

LAKELAND JOURNAL

Friday
July 7, 2006

LAKELAND JOURNALS
Section C

This Weekend

Remember to check out Civil War days in Wauconda, and experience reenactments and entertainment that bring the Civil War era to life. See page C5 for the details.

Summerfest photos

Take a look at the world's largest music concert with photos from Summerfest. Remember to catch the last three days.

12

Movies

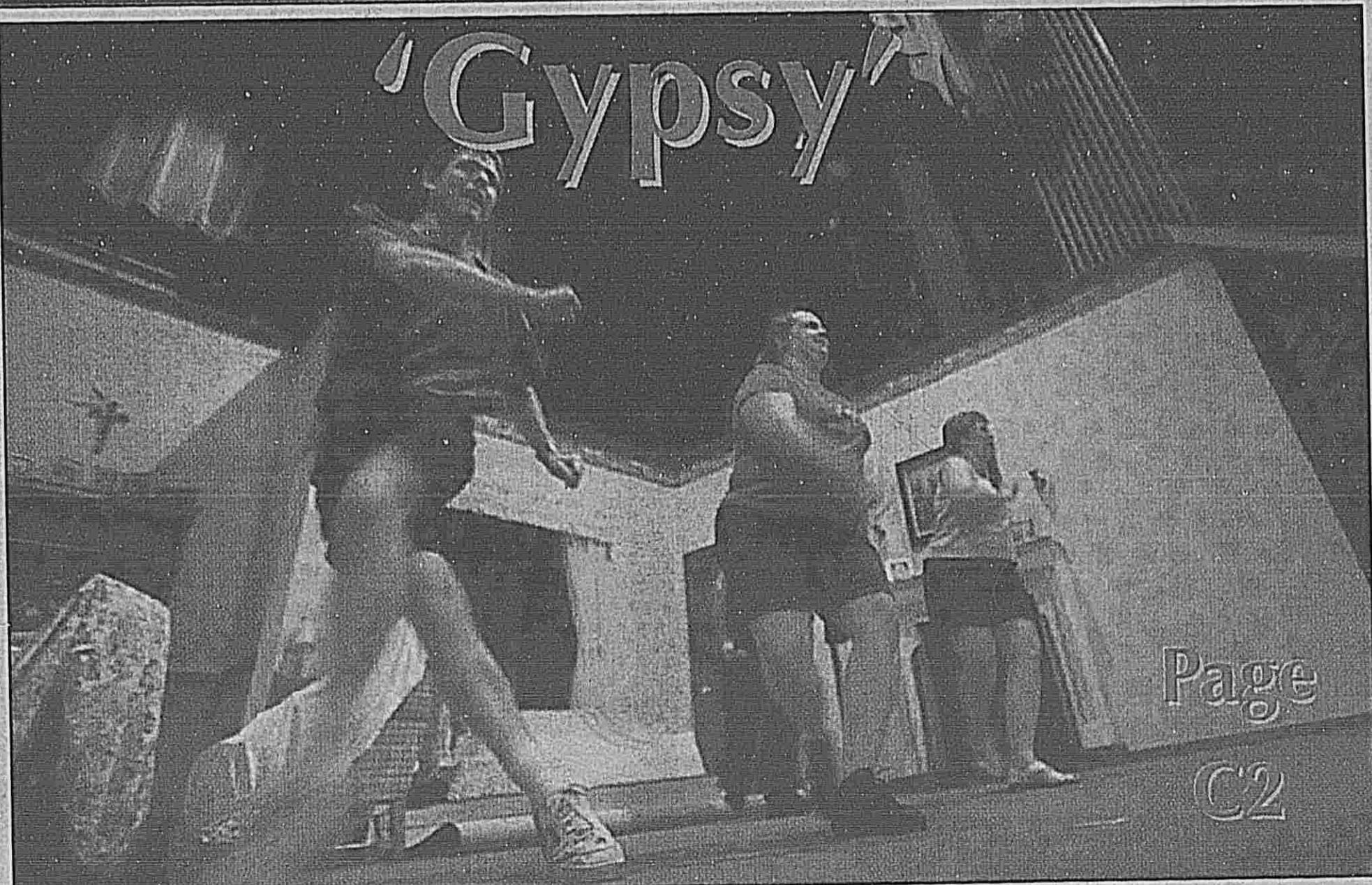
Get ready for a thriller, as Pam and George Singleton review the action-packed film "A Scanner Darkly."

6



Get ready for

'Gypsy'



Page

C2

LAKE LIFE

'Gypsy' comes to Antioch

Auditions draw many seeking parts in a classic play

By TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH — Carrie Dabelow of Palatine seemed to feel completely at home on the stage at PM&L Theatre.

On May 31, Dabelow auditioned for the part of Mama Rose for the theater's upcoming play, "Gypsy."

While she sang "Let Me Entertain You," Dabelow lit up, belting out the lyrics, dancing with a huge grin and waving her hands.

Like many of the people auditioning that night, Dabelow is no stranger to performing. She has been in plays and musicals since elementary school and has acted in various shows

around Lake County for several years.

The auditors also appear to share a passion for the performing arts and make acting, singing and dancing look easy.

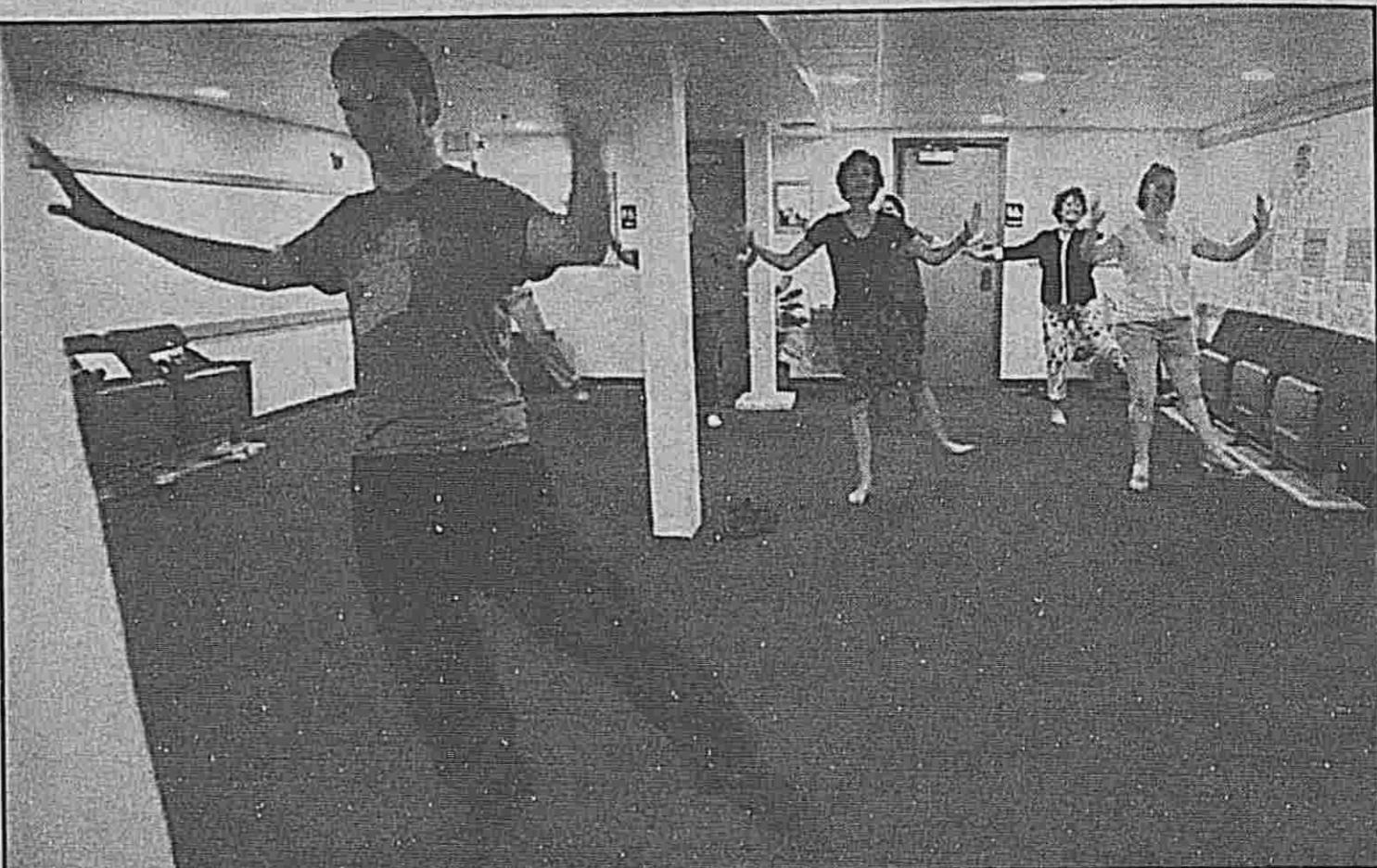
And despite the competitive nature of show-business, those at PM&L Theatre who tried out for a part treated each other like old friends.

Memorial Day, May 31, marked the fourth day of auditions.

Elmarie Beno, stage manager for PM&L and theater veteran for decades, hustled happily around PM&L's lobby as auditioners trickled in, making sure plenty of applications and pencils were handy.

The more people who arrived, the louder the modest theater became.

There were old and young



Chris Padgett - cpadgett@nwnewsgroup.com

Justin Bell (left) helps a group of auditioners practice a choreographed dance piece by Courtney Willding before their auditions for "Gypsy," a musical to be performed at the PM&L Theater in Antioch.

seasoned dancers and actors, along with several with no experience. Old friends or not, chatter filled the lobby.

Eventually, the group relocated to the auditorium, their conversations reduced to intermittent whispers between auditions.

Beno sat in the first several rows near the stage with another director and the choreographer, writing down notes as each person gave it their best to win a part.

Timid was not a word with any meaning that night. Everyone sang and danced en-

Check it out

What: "Gypsy"

Where: PM&L Theater, 877 N. Main St., in Antioch

When: Opens 8 p.m. on Friday, July 21, and Saturday, July 22. Also at 2:30 p.m. on Sunday, July 23. Runs at the same times for the following two weekends.

For reservations and information: Call (847) 395-3055

ergetically, seemingly unaware dozens of eyes were upon them.

The task of choosing just one person can be difficult, Beno said.

"There are a lot of people [who] would be good for Mama and a bunch of young girls who would be good for Gypsy," she said.

Mostly it is a matter of matching personalities, talents and roles, Beno said.

For example, one older man who couldn't sing and dance very well was not immediately crossed off the list. He had a cheerful, magnetic personality, and Beno thought he would be best suited for the landlord part.

The directors' willingness to give everybody a fair chance is one of the many reasons Dabelow, a theater teacher at Wheaton College, said she keeps coming back to PM&L Theater.

"The people aren't here for ego," Dabelow said. "The people here love doing this, and that's the difference."

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Perlman and Miller to play Ravinia Festival

Musicians set to play at Highland Park

By GREGORY HARUTUNIAN
news@nwnewsgroup.com

HIGHLAND PARK — Mentioning Itzhak Perlman and Steve Miller in the same sentence draws comparisons, such as both are "classic artists" with lengthy histories in the music industry who are revered by their fans, as well as audiences of classical and rock music, respectively.

The 2006 Ravinia Festival will feature Perlman on July 12, and Miller on July 18. Miller could prove to be the highlight event of the venue's summer season.

Perlman is the reigning virtuoso of the violin and enjoys a superstar status rarely afforded to a classical musician.

In addition to orchestral and recital appearances throughout the world, Perlman also performs duties as a conductor with leading orchestras, such as the Berlin Philharmonic, the London Philharmonic, the Chicago Symphony and the Amsterdam Concertgebouw Orchestra.

During the 2005-2006 season, he conducts the New York Philharmonic, Seattle Symphony and the Detroit Symphony.

Perlman's annual appearances at Ravinia are normally spread over two nights, one as an artist and one as a conductor with the Chicago Symphony. His impish joy in creating music transfers directly to the crowds, which fill

the Highland Park festival grounds, located between Green Bay and Sheridan roads.

"Itzhak Perlman has not only been a Ravinia favorite, but a world-class favorite and a privilege to present at the festival year after year," Amy Schrage, the festival's communications manager, said. "The audiences really love him and enjoy listening to him create this beautiful music seemingly out of thin air. Last year, he surprised the audience with a rare encore, 'Theme from Schindler's List.' It was an overwhelming experience."

Perlman's honors include a "Presidential Medal of Liberty" in 1986 from President Ronald Reagan, and President Clinton awarded him the "National Medal of Arts" in December 2000.

In December 2003, he received a Kennedy Center Honor, which celebrated his distinguished achievements, and he proudly possesses four Emmy Awards, along with fifteen Grammy awards, for his television appearances and recordings.

Steve Miller is a virtuoso with Chicago connections and began his early days fronting a blues band to the infamous riot at the Milwaukee Summerfest grounds in 1973, where comedian George Carlin was arrested for obscenity. Miller's music has traversed across blues, jazz, psychedelic and easy listening rock music with band members such as Boz Scaggs, Ben Sidran, Ross Valory (Journey) and Norton Buffalo.

"His music catalogue is extensive and contains many

“

Itzhak Perlman has not only been a Ravinia favorite, but a world-class favorite.

Amy Schrage
Ravinia Festival Communications Manager

”

songs that hold up well over time because they're well crafted," Bill Haines, Nashville Times music historian, said. "Everyone knows his shows are a good time, and crowds always come out for the fun and [to] hear what he's up to."

His "Fly Like an Eagle" and "Book of Dreams" projects are benchmarks of the 1975-1976 rock music scene, with many radio-friendly tunes still enjoying airplay. This period also found him semi-retired at a chicken ranch and living in a secluded rural area.

The "Eagle" collection is celebrating its 30th anniversary, and the current tour is in support of an expanded CD edition with a bonus concert DVD.

This will be his first Ravinia appearance, and it is guaranteed that lawn seats will be staked out for the best spots to hear the performance from state-of-the-art speakers positioned on the festival grounds. The open lawn area is one of the primary benefits of the festival, which encourages a picnic atmosphere similar to the



Photo provided

Itzhak Perlman will perform at the 2006 Ravinia Festival, along with Steve Miller.

Hollywood Bowl.

The Ravinia Festival celebrates its fiftieth year of jazz programs this year, and the pavilion will be occupied by

Perlman and Miller for their two, mid-week summer evening shows. For ticket information, contact Ravinia at (847) 266-5100.

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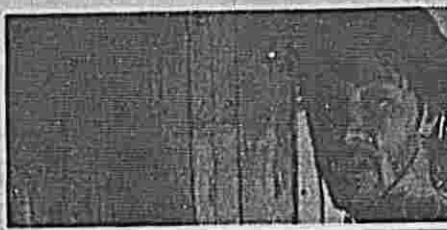
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ON STAGE

Movie Review

Keanu Reeves stars in the adventure thriller "A Scanner Darkly"
—(See page C6)



Page C4
WEEKLY JOURNALS
Friday, July 7, 2006

Drama captures rags-to-riches story

The stage is set for 'The Dreams of Sarah Breedlove' to entertain audiences with a heart-felt, real-life play

By TOM WITOM
thomaswitom@yahoo.com

Playwright and Director Regina Taylor has created a striking portrait of America's first self-made female millionaire in "The Dreams of Sarah Breedlove."

The play, which runs two and a half hours and may be about 20 minutes too long, is making its Chicago debut at the Goodman Theatre.

It recalls how the enterprising Sarah Breedlove (L. Scott Caldwell, in a commanding performance) rose from a washerwoman in 1904, making \$1.50 a week, to a wealthy entrepreneur in a 12-year span by successfully marketing hair care products to African American women.

It is an incredible story, considering her humble origin and the lingering racial prejudice she had to overcome.

She was born in 1867 on a Louisiana cotton plantation, the first free-born member of her family.

Orphaned, she had a difficult childhood. Her first husband disappeared, leaving her

to raise a young daughter in St. Louis.

Inspired by an African spirit she encounters and helped by her new husband, promotion-savvy newsman Charles Joseph Walker (played by Keith Randolph Smith), Sarah - as Madam C.J. Walker - becomes focused on her dream.

But balancing her public

“

I can make hair grow. I can't make love grow.

Sarah Breedlove

America's first self-made female millionaire played by L. Scott Caldwell

”

success in the business world with her personal life proves difficult.

"I can make hair grow. I can't make love grow," Breedlove says.

Nikki E. Walker is convincing as Lelia, the daughter overshadowed by her hard-driving mother.

Want to go?

What: "The Dreams of Sarah Breedlove"

Where: Goodman Theatre, 170 N. Dearborn, in Chicago

When: Through July 23

Tickets: \$20-\$65

Show information: (312) 443-3800

As a child, she said all she wanted was pretty things and to have a good time. That philosophy carried over into adulthood and led to a stormy relationship between mother and daughter.

Rounding out the strong cast are Cheryl Lynn Bruce as Nola, the jealous friend, Rolando Boyce Sr., as Freeman, the dedicated and loyal financial advisor and Libya Pugh as Mae, Lelia's malleable, adoptive daughter.

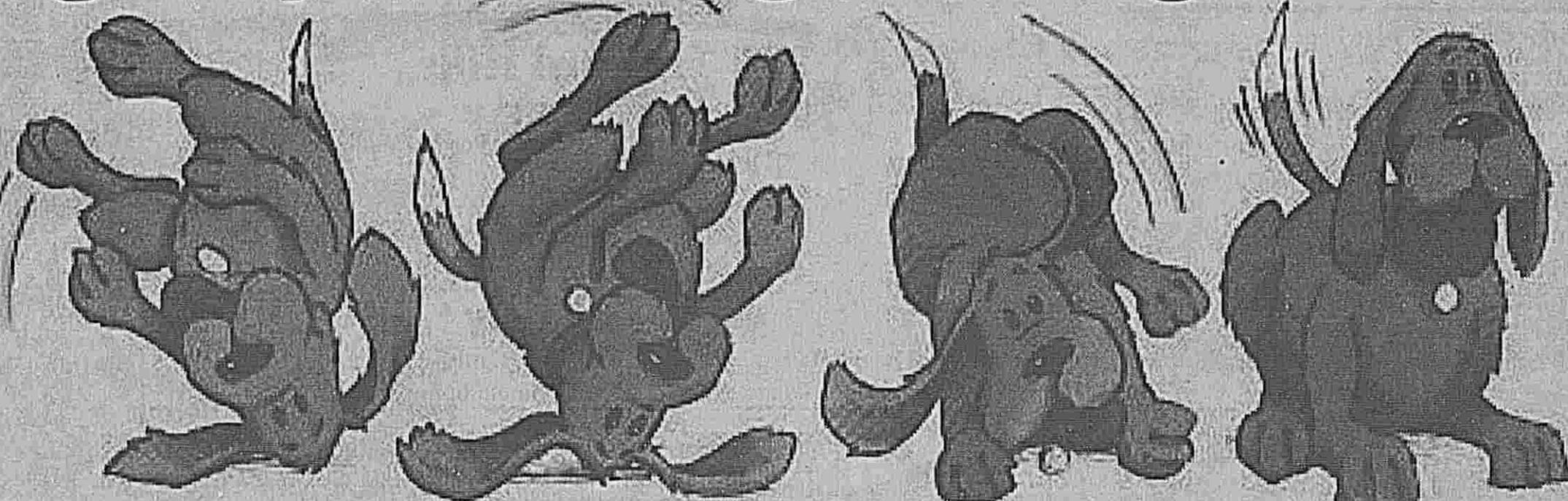
Period costumes by Jacqueline Firkins capture the time, as Scott Bradley's smart sets express the changes in Sarah Breedlove's circumstances from tenement to swanky three-story New York mansion and neighbor to the Rockefellers.



Photo provided

Pictured in the Goodman Theatre's production of Regina Taylor's "The Dreams of Sarah Breedlove" are (left) Keith Randolph Smith as C.J. Walker and L. Scott Caldwell as Madam C.J. Walker.

Dog Days Coming Through Soon!!



Civil War days come to Lakewood

Entertainment,
reenactments
fulfill fascination of era

WAUCONDA - Hear the boom of cannons and the crack of gunfire as history comes to life at the Lake County Forest Preserve's Fifteenth Annual Civil War Days on July 8 and July 9 at Lakewood Forest Preserve near Wauconda.

Civil War Days is the largest Civil War reenactment in Illinois. This annual event draws more than 600 re-enactors from seven states, along with 5,000 visitors.

Civil War Days features infantry, cavalry and artillery re-enactors, as well as musicians, sutlers, medical personnel and civilians.

The two-day event begins with Living History Day from noon to 3 p.m. on July 8, where visitors of all ages can explore the various camps and learn about life in the 1860s.

At the Living History Camp, youth are able to make period crafts, and re-enactors teach about Civil War era dance and etiquette. Military and civilian camps feature ongoing live demonstrations.

Re-enactors bring to life activities such as pay day, mail call and new recruit call. There will be surprise skirmishes as well.

The Sunday big battle begins earlier this year, and there will be a re-enactor of Sojourner Truth at 11:30 a.m. on July 9.

"People like seeing the re-en-

actors and the big battle, and the demonstration on the way of life is always popular," LCFP Events Coordinator Christina Hern said.

The Living History Camp concludes with the Twilight Camp Tours from 5:30 to 9 p.m., where re-enactors lead visitors on special tours through the camps and then thrill the crowd with the firing of cannons at dusk. Reservations are required. Call (847) 968-3321. Space is limited.

From 9 a.m. to 3 p.m. on July 9, camps remain open as the troops prepare for battle. Visitors may view special cavalry demonstrations and skirmishes, as well as field hospital demonstrations.

The event concludes with the narrated big battle at 1:30 p.m. This one-hour battle represents a typical battle scene, rather than a specific battle and features artillery, cavalry and infantry re-enactors.

On both days, visitors may

meet historical figures, including Abraham Lincoln, Harriet Tubman, and new this year, Sojourner Truth and generals Lee, Custer and Sherman.

A large Civil War era shopping center, along with periodic music and entertainment are also featured. Visitors may bring a picnic lunch, or purchase food at the event.

Lakewood Forest Preserve and the Lake County Discovery Museum are located on Route 176, just west of Fairfield Road near Wauconda.

Tickets for Civil War Days include parking and free admission to the Discovery Museum. Cost is \$8 for adults and \$4 for youth ages 4 to 17. Children 3 and under are free. Download discount admission coupons at www.LCFPD.org.

For more information on Civil War Days at the Discovery Museum, call (847) 968-3400, or visit the Lake County Forest Preserve Web site at www.LCFPD.org.

Sweat not, Chicago

Chicago is ranked 70th in Old Spice's Top 100 sweatiest cities study

By TARA CLIFTON

tclifton@nwnewsgroup.com

CHICAGO - Sweat is one thing Windy City residents may not worry about as much as those in other cities.

Chicago ranked 70 in Old Spice's Top 100 Sweatiest Cities study, which determined which metros produce the most perspiration.

For the third time, Phoenix, Ariz. claimed the number one spot. According to the study, which is in its fifth year, the population of Phoenix can fill an Olympic-sized swimming pool with sweat in less than three hours.

Las Vegas, Nev. came in as the second sweatiest city, and Tucson, Ariz. ranked third.

Besides being fun, the study sheds awareness on the importance of keeping cool during heated summer months, Jay Gooch, a spokesperson for Old Spice, said.

Gooch said the ranking of the cities was calculated using a computer model. The formula used the amount of sweat a person of average height and weight would produce walking around for one hour in the average daily temperature for each city for June through August.

To keep cool, Gooch recommended drinking plenty of water and wearing light-weight, light-colored clothing. To replace minerals lost from sweating, drinking fruit juice and sports beverages is best.

Corrections

The June 30 edition of Lakelife misspelled Chelsea Olson's name in the article, "Riding the Edge."

In the June 23 edition of Lakelife, the column, "Goodbye, sugar," incorrectly stated that a can of pop had 12 tablespoons of sugar. It is actually 12 teaspoons.

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REEL MOVIES

Movie Review Key

4 = Don't miss this movie!
 3 = Worth seeing but could've been better
 2 = Wait until this movie comes out on video
 1 = Someone should be fired for making this movie

By Pam & George
Singleton



Page C6

LAKELAND MEDIA

Friday, July 7, 2006

The future is bright, yet dark

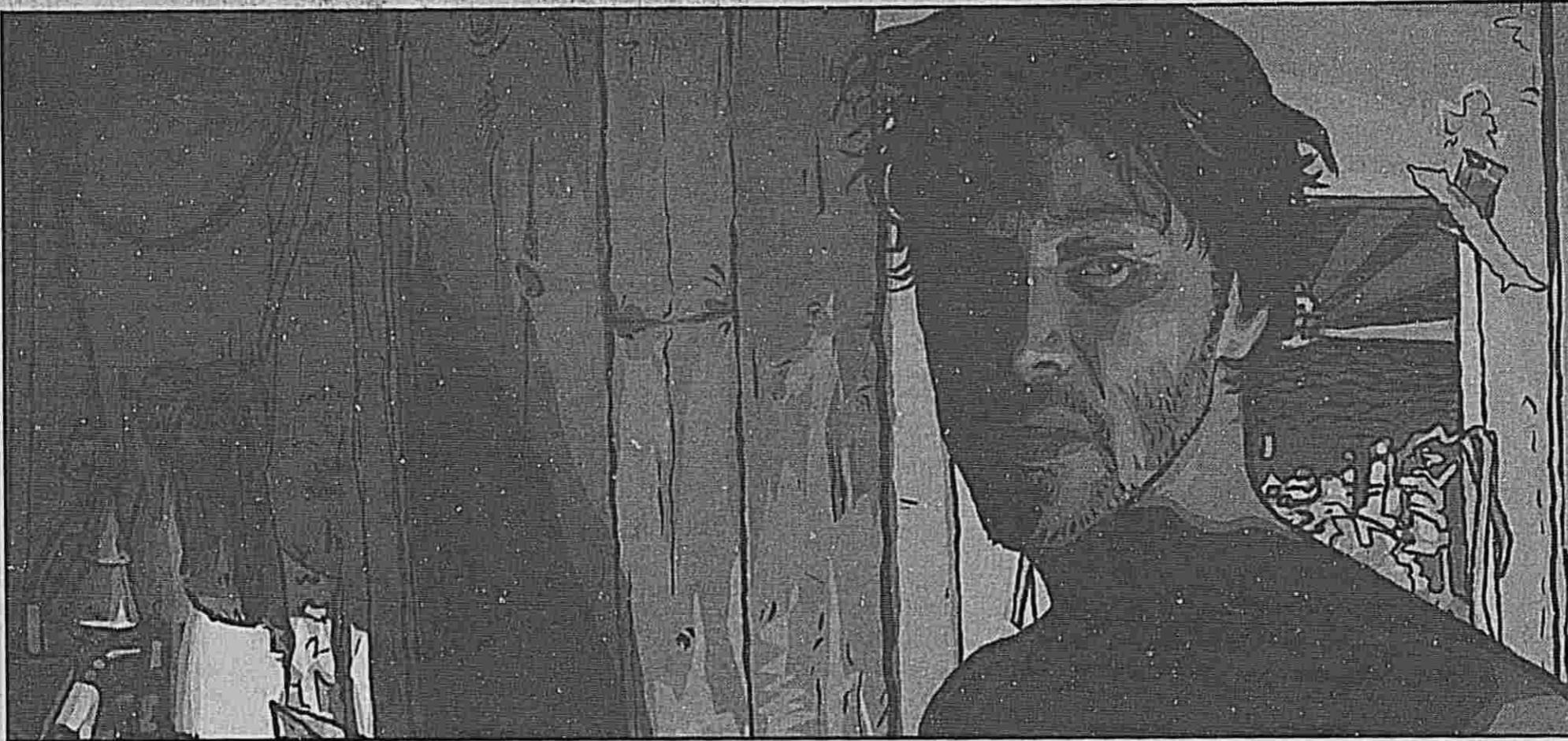


Photo provided

Keanu Reeves stars as Bob Arctor, an undercover cop who's code name is Fred, in the animated thriller "A Scanner Darkly." Arctor is faced with the challenge of blending his real life with the life of Fred, as he is forced to spy on his friends.

By PAM AND GEORGE SINGLETON

"A Scanner Darkly" is an unsettling comedic drama that uses the animation process known as interpolated rotoscoping, which was first employed in Writer/Director Richard Linklater's 2001 film "Waking Life."

After the film is shot in live action, animators put their spin on it by artfully "painting over" the actors and the scenery. You've seen this process recently in television commercials for a well-known financial service firm. Linklater creates a haunting version of America set a short seven years from now. Somewhat like Frank Miller's "Sin City," "Scanner" is a horror story that splays out American culture for a messy dissection, with the difference being it attacks us mentally more than physically.

America's war on drugs has become one and the same with its war on terror. Undercover cop Bob Arctor (Keanu Reeves), whose code name is Fred, has been undercover for a long time. He wears a "scramble suit" as part of his uniform. While inside this full

body cover, Arctor's outer appearance constantly morphs from one personality to another, including his voice. He becomes a man, a woman, any ethnicity - no one knows his true identity, and perhaps not even Arctor realizes who he is any longer. He is ordered to spy on his friends, Jim Barris (Robert Downey Jr.), Ernie Luckman (Woody Harrelson), Donna Hawthorne (Winona Ryder) and Charles Freck (Rory Cochrane).

This is high tech surveillance, where scanners are planted throughout a household, and all activity is constantly monitored by authorities. Nothing goes undetected. The real trick here is Bob Arctor, AKA Fred the cop, shares his house with Barris and Luckman, and Donna is his girlfriend, who often shares his bed. Fortunately, Fred always operates in the scramble suit while on duty, so the cops don't know that he's Arctor. And his friends don't know Arctor is a narc. Unfortunately, Arctor and his friends are heavy Substance D users, the favorite drug of choice on the streets, as well as the most powerful and pervasive.

A company named New Path claims it has the treatment and the cure for addiction to Substance D. It's a powerful drug, with the ability to produce a pervasive paranoia in which you think all institutions are spying on you, and everyone wants to know your business? because they are, and they do. And what else are the New Path researchers developing and growing at their laboratories and remote farm facilities? It appears New Path may be on both the supply and the demand ends of the spectrum.

The story is much more character-based than plot driven. Bob Arctor, the man, fights for survival within Fred, the fabrication. But even here, the dichotomy continues. Who will emerge, Bob the nearly forgotten suburban family man with a wife and two kids, or Arctor the burnt-out narc with a habit? Eventually they mesh, yet continue to change. This is a complex role, and the filmmakers and Keanu Reeves all do a superb job of allowing us to see the separate lives blend into one another, as in real life,

See A SCANNER DARKLY, page C7

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Reality becomes blurred in new film by Richard Linklater

• A SCANNER DARKLY

Continued from C6

while moving the story forward at the same time.

Barris's view of the world is an alternate reality. With all due respect, that may be why Robert Downey Jr. has the role locked. Downey lets us experience Barris's mind, as it races through a labyrinthine problem at lightning speed. And the accompanying body language helps lead us to a surprisingly understandable, though unorthodox, solution. But he's not as off-the-hook as Luckman or Freck (Woody Harrelson and Rory Cochrane). They are respectively laid-back and frenetic in their portrayals of super-sized Substance D abusers.

One of the most adapted science-fiction authors in the history of film, Philip K. Dick (1928-1982), has created futuristic worlds in many of his

works, and several have been adapted into feature films, such as "Blade Runner," "Total Recall," "Screamers," "Minority Report," "Impostor" and "Paycheck."

Privacy seems to be a thing of the past. We can be tracked because we have our cell phones. Our computer location can be determined because it's linked to the IP address of an email message. Our photo is taken when we pump gas, visit our ATM, or if we don't come to a full and complete stop when driving. Supposedly for the greater good, phone records are in the hands of the government. Having them is one thing. Not misusing them is another.

Are we on a slippery slope to becoming a police state, or are we doing what is required to defend our borders and live in a society where one goes to the mall without a thought of it falling like the World Trade

A Scanner Darkly

Cast: Keanu Reeves as Fred/Bob Arctor, Robert Downey Jr. as Barris, Winona Ryder as Donna, Woody Harrelson as Luckman, Rory Cochrane as Freck

Director: Richard Linklater

Genre: Adapted from a novel by Philip K. Dick; adult animation; drama

Other: Warner Independent Pictures; rated R for drug and sexual content, language and a brief violent image; running time is 100 minutes

Center? Although only time will tell, it might be a good idea for individuals to ensure their government officials don't abuse their power in our pursuit of freedom. Freedom is not free. It's not "they the people," the operative word is "we."



Opening this week



Photo provided

Johnny Depp, as Captain Jack, runs from danger in "Pirates of the Caribbean: Dead Man's Chest," which opens in theaters July 7.

Pirates of the Caribbean: Dead Man's Chest (PG-13):

The sequel to the 2003 "Pirates of the Caribbean: The Curse of the Black Pearl," which grossed over \$600 million worldwide. This is the second of a series, with the third movie currently in production for a 2007 release. Gore Verbinski is the director of all three films.

The world of the supernatural finds Captain Jack (Johnny Depp) owing a blood debt to the renowned Davy Jones (Bill

Nighy), Captain of the ghost ship, the Flying Dutchman. With the clock ticking, Jack must find a way out of debt if he is to avoid being doomed to eternal condemnation and slavery in the hereafter.

Adding a lighter note to his problems is ruining the wedding plans of Will and Elizabeth (Orlando Bloom and Keira Knightley, who appeared in the original "Pirates"). The two become backdoor helpers on Depp's latest adventure.

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Health Beat

Opting for organic

Question: Is it worth the additional cost to purchase organic produce versus commercially farmed?

Answer: Personally and professionally – the answer is yes! I am passionate about organic farming, and like most families, my food budget is not unlimited.

Organic food is grown without the use of toxic pesticides, herbicides, fungicides, or chemical fertilizers. The Environmental Protection Agency considers 60 percent of herbicides, 90 percent of fungicides and 30 percent of insecticides to be carcinogenic, which are cancer causing agents.

Pesticides have many negative effects on health, including toxicity to the nervous system and disruption to both the endocrine and immune systems. Organic foods are not only better for your health, but they are produced in ways that support a healthy environment.

Organic food is growing in popularity. Globally, sales for organic foods have increased over 10 percent to reach \$23 billion in 2002. The U.S. Market is also expanding, as consumer demand increases for healthier foods. U.S. organic food sales have increased from \$3.5 billion in 1996 to \$9 billion in 2001.

Organic farming differs from conventional farming in the methods used to grow crops. Where traditional farming utilizes chemical fertilizers to grow crops, organic farmers feed and build the soil with natural fertilizers.

Traditional farming methods use insecticides to get rid of insects and disease, while organic farmers use natural methods, such as insect predators and barriers. Traditional farming methods control weed growth by applying synthetic herbicides, but organic farmers use crop rotation, tillage, hand weeding, cover crops and mulches.

Organic certification in the U.S. requires fields to be

farmed a minimum of three years under guidelines handed down from the organic committee of the farmer's state. This three year period assures the consumer microorganisms have time to digest and eliminate chemical residue left in the soil from previous exposure.



Linda DeFever

cides in the soil. It takes longer to label food "certified organic."

Aside from pesticide contamination, conventional produce tends to have fewer nutrients than organic produce. On average, organic food has a higher nutritional value than commercially farmed produce. Studies have found conventionally raised produce contains only 83 percent of the nutrients in organically grown produce.

Making organic work in your family's food budget is easy – eliminate processed foods and all soft drinks. The money saved may then be used to purchase organic foods. When eating, remember your stomach is only the size of your hand – so eat proportions that adhere to this guideline. You will find your food lasts longer.

I realize the decision to purchase organic foods over conventionally raised foods is a personal one, but can you really put a price tag on your health and your family's health?

• Linda DeFever is the owner of Vitality Inc., Where Exercise and Nutrition Meet in Balance at Serenity Health Resources in Wauconda. To have your health and fitness questions answered, e-mail DeFever at ocfever01@yahoo.com.

Pets

More stupid things people say

In my last column, I wrote about the top 10 stupid things people say about animals. While writing it, I realized there were many more ignorant things people say. I felt all were important, so I have included 10 more.

11. When my dog escapes from the house, I chase him and scream at him, "Sparky, come!" in a menacing voice.

Then, when he comes to me, I yell at him and say, "you are very bad to run away!" Oh, I get so angry! If you were your dog, would you come back next time?

Enroll your pooch in training, and teach him to come when called.

12. When my dog runs away, later returning home, I yell at him, so next time he knows not to run away. See number one.

13. My dog knows I am the boss of the house. I let him know that by yelling, screaming and occasionally swatting him. It keeps him in his place. OK, so your dog knows you are in charge. He is also afraid of you. Dogs automatically respect their caretaker because you are the one who feeds, walks and cares for him. Being loud and scary, in most cases, is totally unnecessary.

14. I have an out-of-control dog. I keep him in line by crating him a lot. If a dog is hyperactive, destructive or difficult, crating him all the time will only make things worse. Work with a trainer and solve the problems.

15. I believe children should be able to do anything to a dog, and the dog should not growl or snap. My 3-year-old stuck a pencil up my dog's butt (this really happened) and the dog snapped, so I gave him away. How about I stick a pencil up your butt and see what you do? Everyone, including a dog, has their limit.

16. I can't get my dog to stop peeing in the house,



Photos provided

Gracie (above) is an Australian Shepherd mix. Rocky (below) is a 2-year-old German shepherd, malamute mix.



These pets are available for adoption at Animal Education and Rescue in Libertyville. For more information, call (847) 816-0831, or visit online at www.aear@anet.com

jumping on furniture or stealing food off the counters, so I gave him to an animal shelter. If you take on the responsibility of an animal, then it is your problem. Be a grownup, and do the responsible thing. Hire a trainer, read a book about dog training, and help your dog be a well-mannered part of your family.

17. I leave my dog in a crate for nine hours. How about we put you in a small closet with nothing to do for nine hours? Instead, hire someone to walk your dog mid-day so he isn't left in a crate for so long. If you can't afford a dog walker, leave your dog gated in the kitchen or another room with the radio on, and take him for a nice walk when you get home.

18. My cat scratched my toddler when she crawled on him. I gave him to a shelter. Did that cat scratch your child on purpose, or by accident? Before giving a cat up, consider consulting with someone

who understands cats. Many times there are solutions to problems. When you give your cat to the shelter, you are not only totally stressing out your cat, but you are putting the burden of the cat on a shelter.

19. My wife is due to have a baby, so we gave the dog (or cat) to a shelter. When I hear that, which I do often, frankly I want to throttle that person. What will that teach their child? One thing for sure is the child will think a pet is disposable.

20. I couldn't resist getting the cute little boxer pup I saw at the pet store. I didn't realize how big she would get.

Besides, I am allergic, I don't have the money to care for her and my landlord found out I had her, so I gave her to a shelter. All I can say here is read the title of this column.

• Sandy Kamen Wisniewski is affiliated with Animal Education and Rescue in Libertyville. She can be reached at petsitters@anet.com.

• Game Dork

'Brain Age' fills generation gap

Video games are not just for kids any longer, as intellectual games attract adults

The dirty little secret about video games is the average age of the American gamer is 33. Not only that, but a lot of those gamers are, gasp, parents.

One-third of moms and dads play video games, according to a poll by the Entertainment Software Association. And most of those "gaming parents" even play with their kids. How square, right?

I bring this up while reviewing "Big Brain Academy" because when you hear the phrase "video games," you think of media stereotypes: 12-year-olds going on murderous rampages in "Grand Theft Auto," or throwing passes in "John Madden" football games.

But the truth is children don't have \$7 billion to spend every year on games in America. Adults do. And according to the ESA, an industry group, the games they play most are not shoot-'em-ups, but card games, like video game solitaire and poker, along with puzzle games.

It just so happens the best puzzle-type game to come out in years hit the market fairly recently — "Brain Age: Train Your Brain in Minutes a Day." What's funny is the fantastically acclaimed "Brain Age" sends you back to school. Sort of. Its puzzles call for math skills, word memorization and puzzle-solving abilities.

Likewise, "Big Brain Academy" has you complete math equations, decipher analytical patterns and memorize sound bites and symbols.

It seems impossible to convince you math and memory tasks could be fun enough to do in your spare time, but speaking for myself, these games beckon regularly and keep me up late at night to try to sharpen my mind. For a nation of gamers, these titles are re-

ally popular, backing up the ESA's poll.

Another great thing about "Brain Age" and "Big Brain Academy" is they're played on Nintendo's handheld game system, the Nintendo DS. When parents ask me what they should buy for little children, I usually steer them away from PlayStation 2 and Xbox, toward the DS.

Yeah, it's cool it fits in your pocket, but it also has two easy-to-see video screens (one is an awesome touch screen). DS games, however, generally aren't as violent, and there are lots of Mario-type cartoon outings available for the DS.

It's exactly the system that would appeal to young children and those adults who would rather play puzzle and card games on a portable player than try and figure out all the buttons on an Xbox 360.

What's more, the DS plays not only DS games, but Game Boy Advance titles, too. It might be worth it to seek out the new version, the DS Lite, which is exactly the same as the original — long rechargeable battery life, same screens, same price (\$130) — but has a less bulky case.

And isn't it interesting, given that so many adults are hot for math tests, after all these years parents voluntarily want to revisit the classroom quizzes their children have to take?

• Doug Elfman is a video game critic for the NorthWest News Group.



Doug Elfman

LAKELIFE

'Wait, Wait...' taping provides high-brow fun

By HELEN MANSFIELD

hmansfield@nwnewgroup.com

CHICAGO — Theoretically, the Chase Building, located in Chicago's Loop at 10 S. Dearborn, is only an hour trip from downtown Grayslake.

In the basement of the oddly-shaped skyscraper, at the corner of Dearborn and Madison, is the Chase Auditorium.

News nerds like myself, with a leftist-political leaning, know this is where the weekly NPR radio quiz "Wait, Wait... Don't Tell Me" is recorded on Thursday nights.

The show began in 1998, in the studios of WBEZ, Chicago Public Radio, 91.5 FM. Peter Sagal is the host of the program, and his side-kick, guest judge/scorekeeper, is Carl Kasell of "Morning Edition" fame.

Each week, the program has three celebrity panelists who are quizzed about the week's news, both the serious and the outright silly.

This week's panel included comedian Paula Poundstone, the ever-present talking head Mo Rocca of "Daily Show" fame and first timer Luke Burbank, NPR reporter for their national desk based in Los Angeles.

Regular panelists include humorist and author Roy Blount Jr. Sue Ellicott, the resident Brit, is a cultural and political affairs journalist for "The New York Times Magazine." P.J. O'Rourke is a correspondent for "Atlantic Monthly," and Roxanne Roberts is a writer for "The Washington Post's" style magazine, just to name a few.

Even Chicago's own Richard Roeper from the "Chicago Sun-Times" graces the stage with his presence. I can't say I'm a fan of his. I'm a "Tribune" gal.

The Chase Auditorium holds 500 people, and the place was sold-out last Thursday night when I attended. I asked people in the crowd who they were, where they came from and why they were here. I got the impression they usually have a pretty good audience

size, but this week was special, since both Poundstone and Rocca were on the panel, and guest judge/scorekeeper Kasell was back after a three-week break.

Before the taping began, Sagal joked that Kasell's exact location could not be disclosed, as he was tucked away safely with vice-president Dick Cheney.

I met three chemists who were in town for a convention of some sort, and they were very excited to be in the audience. Two of them came in from Washington D.C., the other from California. They told me they had seen Yo-Yo Ma, eaten at the Hancock Building, and now this. I joked they were having a real geekfest while in the fair city.

At 7:30 p.m., the house lights went down, and a disco ball located in the center of the stage began to do its thing. The Bull's introduction music started up, and the folks took their places.

Sagal explained they do the show in front of an audience because highly-paid researchers have found the "Wait, Wait" key demographic consists of people Sagal described as "socially unsuccessful in high school."

"And I know you're shocked," Sagal told the crowd, as we exploded into laughter.

He told us if we found any particular portion of the show to be humorous, we should react as such, which in-turn would make the folks at home feel slightly less awkward if they also were to laugh.

Sagal said the show would take roughly 90 minutes to tape, and they may need up to 30 additional minutes to correct any mistakes. If we stayed the additional 30 minutes, Sagal promised he and the rest of panel would take questions from the audience. He also let us know there would be mugs, hats and T-shirts adorned with the "Wait, Wait" logo for sale in the lobby following the show.

On average, Sagal said two million people listen to "Wait, Wait" each week. Locally, lis-

Don't want to "wait?"

For more information on Chicago Public Radio, check out WBEZ's Web site at www.wbez.org

For more on "Wait, Wait... Don't Tell Me" or to purchase tickets, check out www.npr.org/programs/waitwait/

teners can catch it on WBEZ Saturdays at 10 a.m., right after "Car Talk."

"If you don't leave with an over-priced chachka..." Sagal said, then they haven't done their job.

Sagal also apologized that the taping started late, but it was because the show's scripts had accidentally been left in their office back at Navy Pier.

The panelist answer light-hearted questions about the week's news to wrack up points for themselves. The panelists don't actually win anything, other than bragging rights for a week. There are two portions of the show, where listeners call in and are quizzed themselves. If they win, they receive "Carl Kassel's voice on their home answering machine."

Senior correspondent Gwen Ifill, of the News Hour with Jim Lehrer, called-in for a portion of the show they call "Not-My-Job." The topic was Superman.

Most of us may not know one of Superman's odd abilities was to "super-weave;" a talent he once used in the comics to make a wedding dress for someone, and Ifill didn't know that either. She did know the Man of Steel fought a real person in the 60s, Muhammad Ali, whom he lost to, and that Superman had a super-ape-pet named Beppo.

For getting two out of three correct, Ifill won Kasell's voice for a person at home.

After the show finished and the dust cleared, it was Burbank who won the quiz on his first-time out.

The show's ending was bittersweet. Sagal and the others said farewell to show director Amanda Gibson, who began as an intern on the show more than seven years ago.



Cooking by the book provides fun foods

Cookbook serves as convenient guide to preparing farmers' market bounty with easy-to-make creations

By TOM WITOM

thomaswitom@yahoo.com

"The San Francisco Ferry Plaza Farmers' Market Cookbook" (Chronicle, 2006) by Christopher Hirsheimer, a former executive editor and co-founder of *Saveur Magazine*, provides readers with an organized guide to preparing locally harvested fresh herbs, vegetables and fruits.

While the book goes into a history of the regional market, its applicability extends far beyond the West Coast. Lake County residents, for example, find themselves within an easy drive of farmers' markets sell-

ing local produce.

Take advantage of this bounty by dishing out some homegrown Strawberries with Aged Balsamic on Greek Yogurt, an appealing, easily prepared dessert. Such berries tend to exude flavor and character much more pronounced than the mass-grown variety found at the neighborhood grocery.

Strawberries with Aged Balsamic on Greek Yogurt (Serves 4)

Ingredients:

2 pints strawberries, hulled and sliced lengthwise

Splash of aged balsamic vinegar
2 Tbl. packed dark brown sugar
1 pint imported plain yogurt, or high-quality vanilla ice cream

Directions:

In a bowl, combine the strawberries, vinegar and sugar. Toss briefly to coat evenly, and let sit for a few minutes to draw out some of the juices.

Place a big scoop of yogurt or ice cream into 4 individual bowls. Top with the strawberry mixture and serve.

Rhubarb and Vanilla and Creme de Cassis (Makes 2 to 3 cups)

Ingredients:

2 lbs. plump rhubarb stalks (8 to 10 stalks) cut into 1-in. pieces
One-third cup sugar
One-third cup creme de cassis
One-half vanilla bean, split lengthwise

Directions:

Preheat oven to 350 degrees Fahrenheit.

In a large baking dish, stir together the rhubarb, sugar, creme de cassis and vanilla bean. Place in the oven, and bake until the rhubarb has released its juices and is tender when pierced with a knife, about 30 minutes. Avoid stirring the rhubarb as it bakes to

ensure the pieces do not break up.

Remove the dish from the oven. Pick out the vanilla bean, and using the tip of a knife, scrape the tiny seeds into the rhubarb, and stir gently to mix. Serve warm, or let cool and store in an airtight container in the refrigerator for up to 2 weeks.

Variation: To assemble a rhubarb fool, fill stemmed glasses with alternating layers of the cooled baked rhubarb and freshly whipped cream, ending with the cream. This dessert can be made several hours ahead, covered with plastic wrap and refrigerated until serving.

Family features for summer picnics

Good friends, great food and the best season for outdoor entertaining add up to one thing — a glorious picnic season. If you're just warming up to the idea of planning a picnic at the park, or a backyard potluck, it's the prime time to prepare and make your plans.

First, set the date with your best mates. Then grab the gingham tablecloth, and break out the picnic basket. What to serve? Start simple with a menu that's casual, delicious, and easy to make and take, especially if you're off to the perfect picnic destination.

Choose light, flavorful pasta salads that combine summertime flavors, such as creamy ranch and Dijon mustard, or chicken with marinated artichoke hearts. Be prepared to pass the deviled eggs more than once.

Bring along fresh fruit for a refreshing dessert. And, try a cool lemonade that combines two favorite summertime flavors, watermelon and kiwi. All that's left is to savor every mo-

ment and every bite!

For more great summertime recipes and tips, visit www.bettycrocker.com.

Poppy Seed Salad (Makes 6 servings)

Ingredients:

1/4 cup honey
1/4 cup frozen limeade concentrate, thawed
2 teaspoons poppy seeds
1 cup strawberries, halved
1 cup cubed pineapple
1 cup fresh blueberries
1 cup cubed watermelon

Directions:

1. In large bowl, mix honey, limeade concentrate, and poppy seeds. 2. Carefully toss in fruits.

Devilishly Good Eggs (Makes 6 servings)

Ingredients:

6 hard-cooked eggs
1/4 cup mayonnaise or salad dressing

2 tablespoons Betty Crocker Bac-Os bacon-flavored bits or chips
2 teaspoons lemon juice
1 1/2 teaspoons Worcestershire sauce

1 teaspoon Dijon or yellow mustard
1/4 teaspoon salt
1/8 teaspoon pepper

Directions:

1. Cut eggs lengthwise in half. In small bowl, slip out yolks and mash with fork.
2. Stir in remaining ingredients except egg white halves.
3. Fill egg white halves with egg yolk mixture, heaping it lightly.

Watermelon Lemonade with Kiwifruit Splash (Makes: 6 1-cup servings)

Ingredients:

2 kiwifruit, peeled and cut into fourths
1 1/2 teaspoons sugar
4 cups cubed, seedless watermelon
1 12-ounce can frozen lemonade concentrate

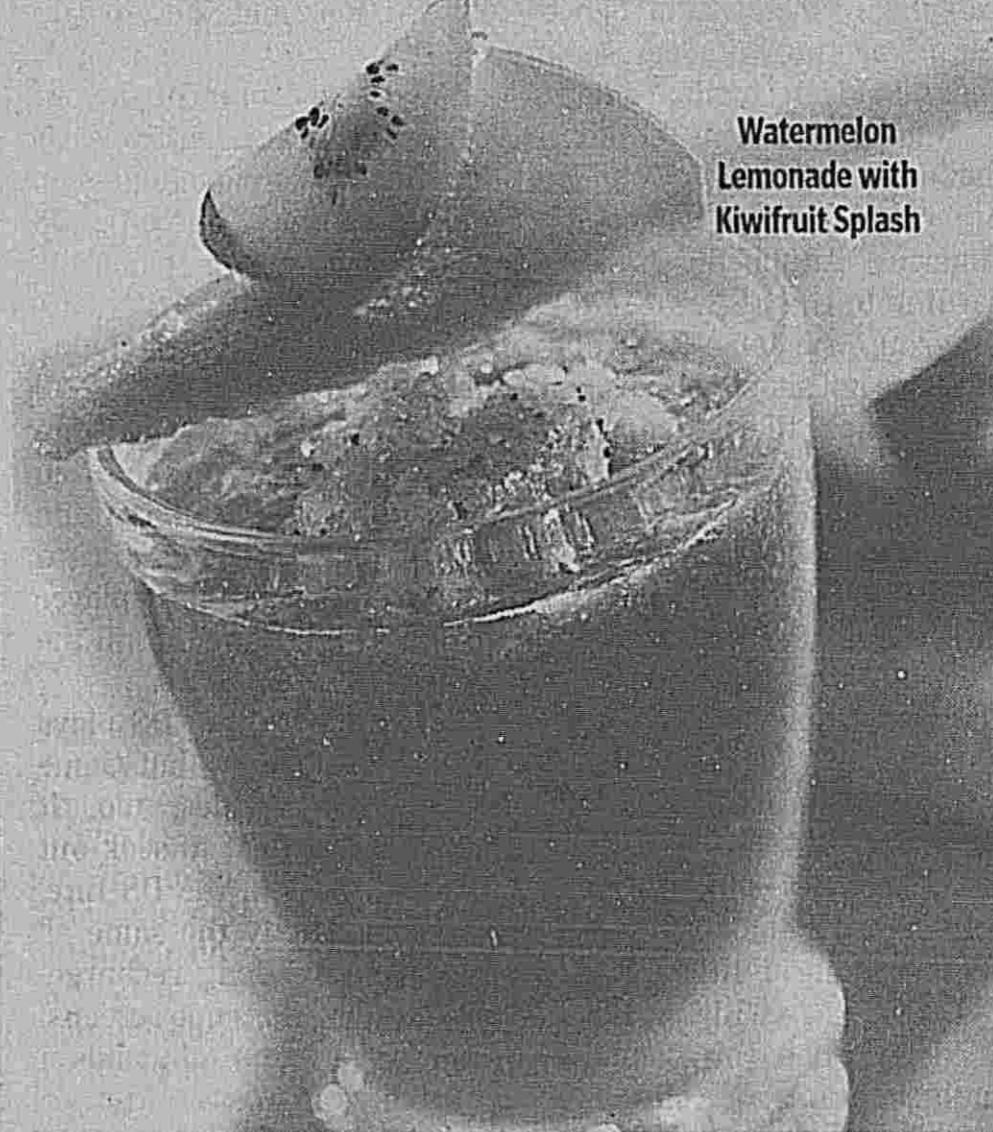
2 cups water

Directions:

1. Place kiwifruit and sugar in blender; cover and blend on medium just until smooth. Pour into another container; freeze 1 to 2 hours or until firm.
2. Place watermelon in blender;

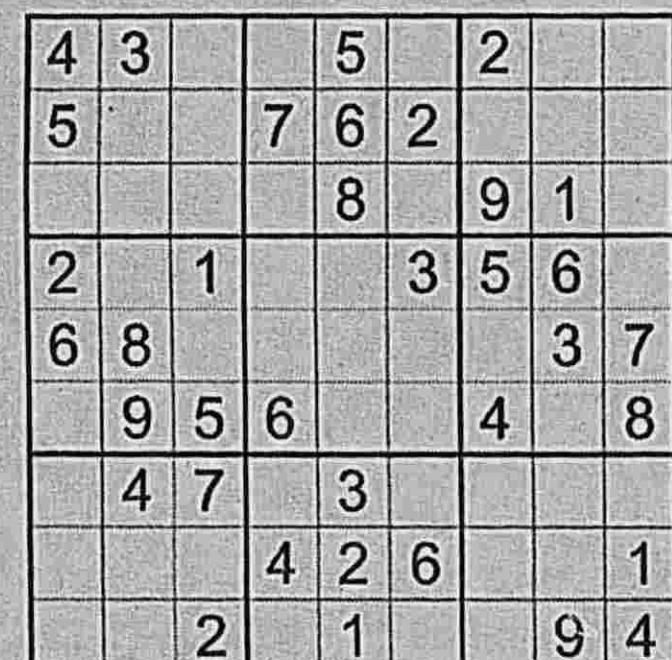
cover and blend on medium until smooth. Place frozen lemonade concentrate and water in large pitcher. Add watermelon mixture; mix well.

3. Pour watermelon lemonade into glasses. Spoon a dollop of frozen kiwifruit mixture on top. Serve immediately.

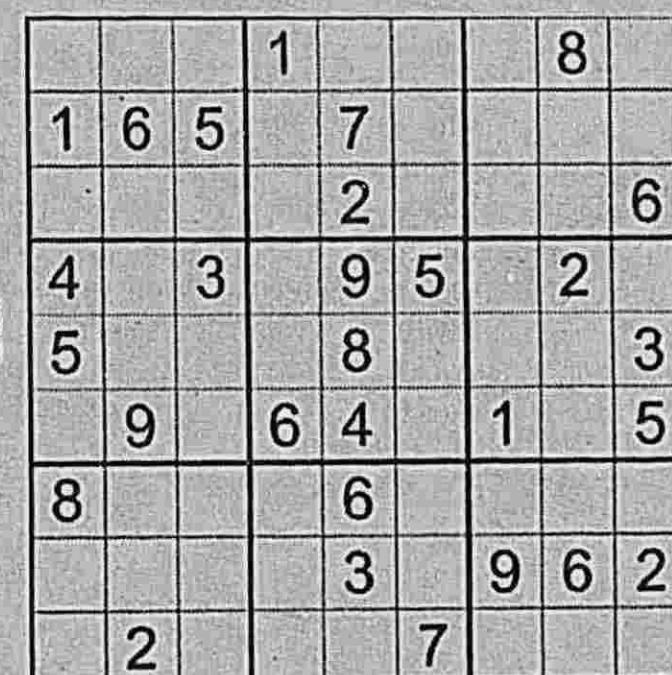


Watermelon Lemonade with Kiwifruit Splash

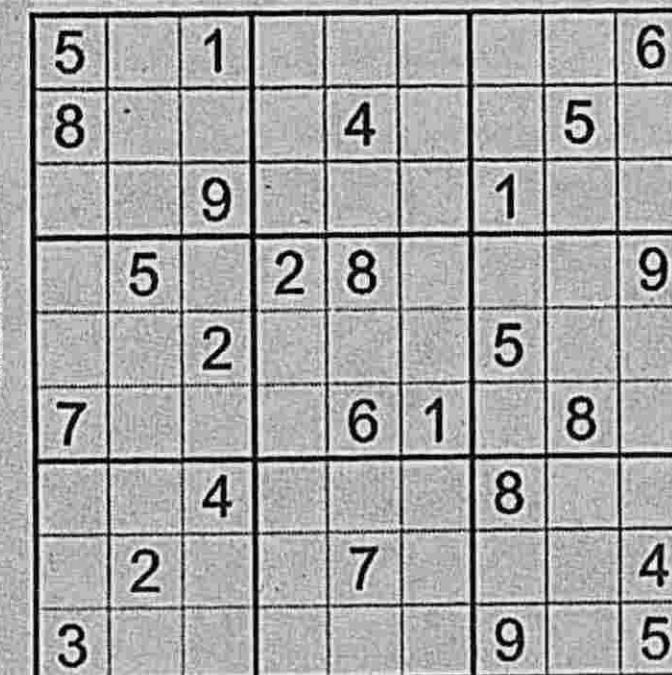
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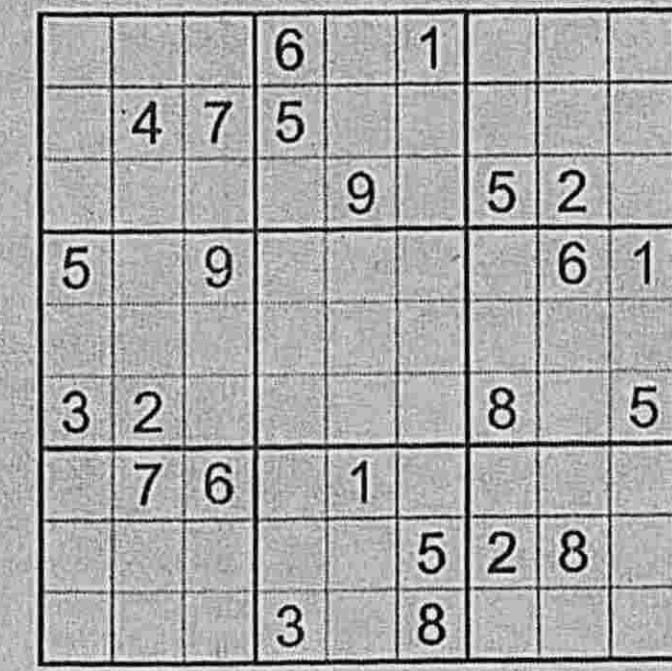
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EASY



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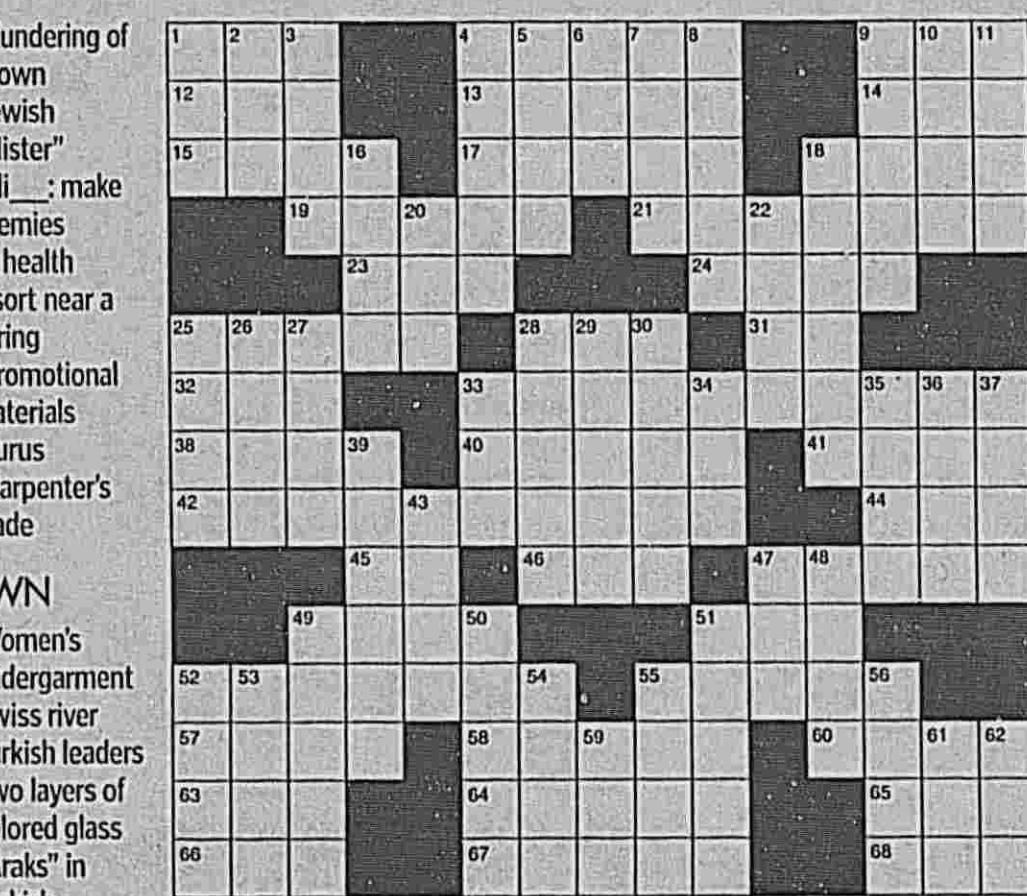
HARD

ACROSS

- Bachelor of Applied Arts
- Brand of soap
- Founder of Babism's title
- Cleaning cloth
- Sphere of activity
- Brewed beverage
- Born in Arabia
- Philippine island
- Abba __, Israeli politician
- Consumes
- Nastiest
- Radioactivity unit
- Gliding runners
- Ancient Chinese dynasty
- Federal savings bank (abbr.)
- Obstetrician (abbr.)
- 24th Greek letter
- Absolutely still
- Tots up
- Highly incensed
- Ancient Greek City
- Stated again
- Curved in shape
- Associated Press
- Manuscripts, (abbr.)
- Heads of Hair
- Smallest part
- Semi-liquid baby food
- Can't move
- Twines together
- Down with
- Indian music

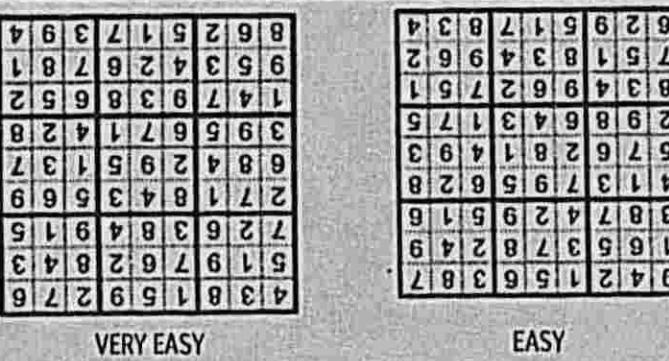
DOWN

- Jewish "Mister"
- Ali __: make enemies
- A health resort near a spring
- Promotional materials
- Gurus
- Carpenter's blade
- Women's undergarment
- Swiss river
- Turkish leaders
- Two layers of colored glass
- "Araks" in Turkish
- The 13th letter of the Hebrew alphabet
- ____en magnum: head opening
- tasia: Czar survivor?
- Tales
- Kids
- Expression of sorrow or pity
- Not straight
- Stores grain or animal feed
- Fit to be eaten
- Child's game
- Legend
- Highly publicized performer
- Angle
- German car
- ____en magnum: head opening
- Quantitative facts
- Seizes with teeth
- Russian commune
- Largest English dictionary, abbr.
- Vigorous spirit
- Dried and withered
- Pouches
- Bullfighting maneuvers
- Related to (prefix)
- An Apple computer
- Anthropoids
- People who speak Arabic
- Pools
- Bullfighting maneuvers
- In bed
- Capital of Yemen
- Not on time
- Cheek
- Joke
- Accountant certified by the state
- Midwestern Native Americans

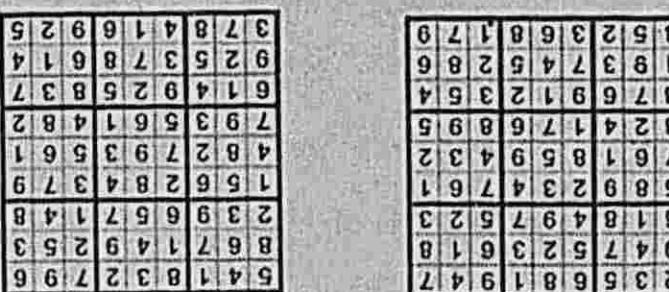


PUZZLE SOLUTION

SUDOKU SOLUTIONS



VERY EASY



EASY



Turn up the heat

By KATHY GRESEY
kgresey@nwnewsgroup.com

MILWAUKEE - The world's largest music festival is heating up.

Summerfest kicked off its thirty-ninth year in Milwaukee, Wis., last Thursday, and festival goers have been packing the grounds to check out performers both old and new.

Acts have included big names like Tom Petty & the Heartbreakers, Mary J. Blige and Nine Inch Nails, as well as up-and-comers like the Redwalls and All-American

Rejects.

Thirteen-year festival volunteer Mark Fuller said Summerfest has grown over the years and has become much more than just a music event.

"I met my wife here," Fuller said. "She sold pins. The next thing you know, one thing led to another."

Wisconsin residents and best friends Tara Hummer and Jenni Ohlson bought their fathers Summerfest tickets for Father's Day. The group attended the Pearl Jam and Tom Petty show on June 30 and said it was amazing.



Annie Christie - achristie@nwnewsgroup.com
Eddie Vedder, Pearl Jam, belts out a song at Milwaukee's Summerfest.



Annie Christie - achristie@nwnewsgroup.com
Fans celebrate and enjoy the festivities at Summerfest.

"We thought it would be really fun," 22-year-old Hummer said. "I went and bought tickets and, of course, it was the bomb."

"Our dads really wanted this," Ohlson said.

In addition to music, Summerfest entertainment includes BMX performances, comedy acts, magic shows, animal presentations and lots of food.

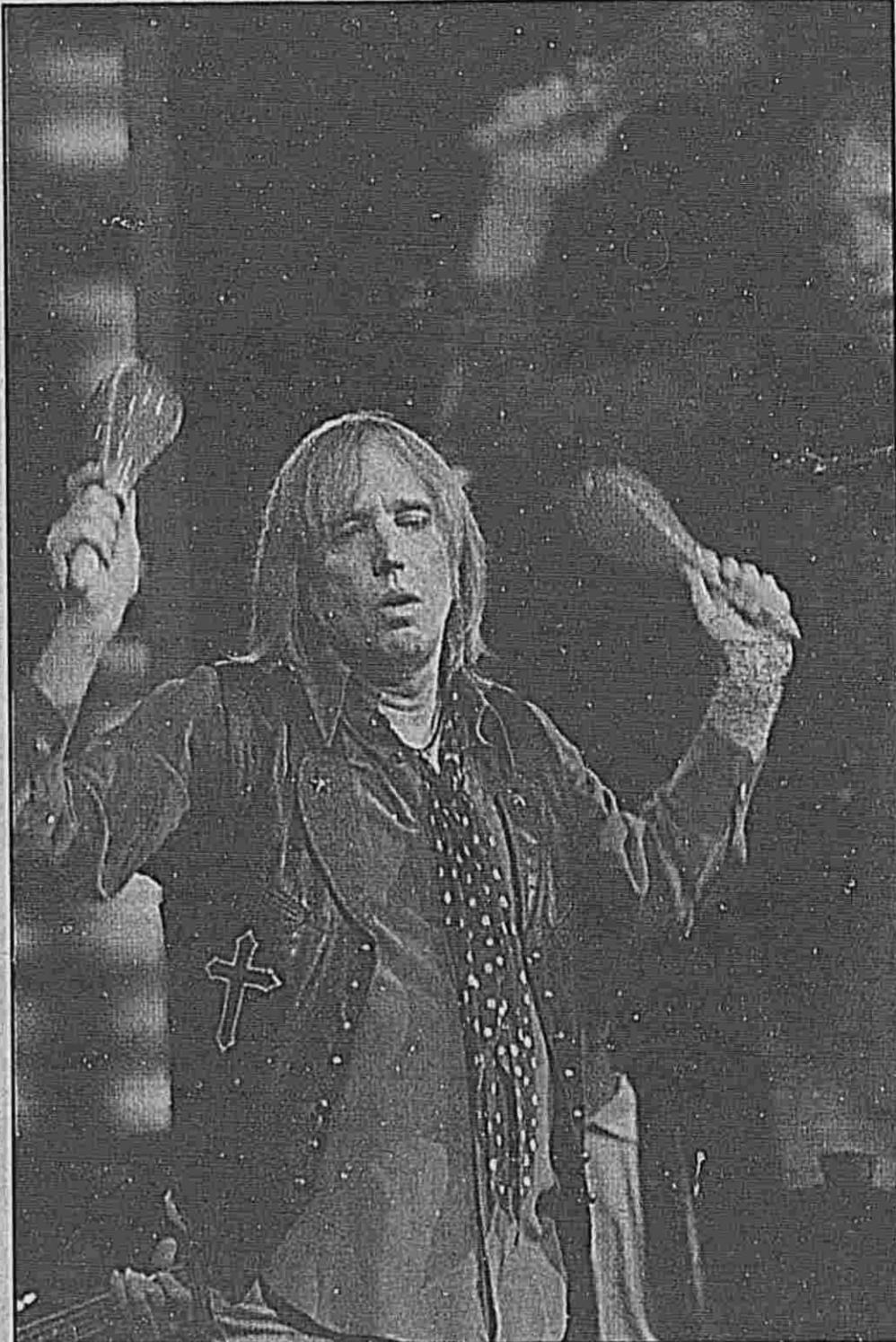
Fuller said there is something for everyone at the event.

"[If] you don't like the music," he said, "walk 50 feet, and you will find something to do."

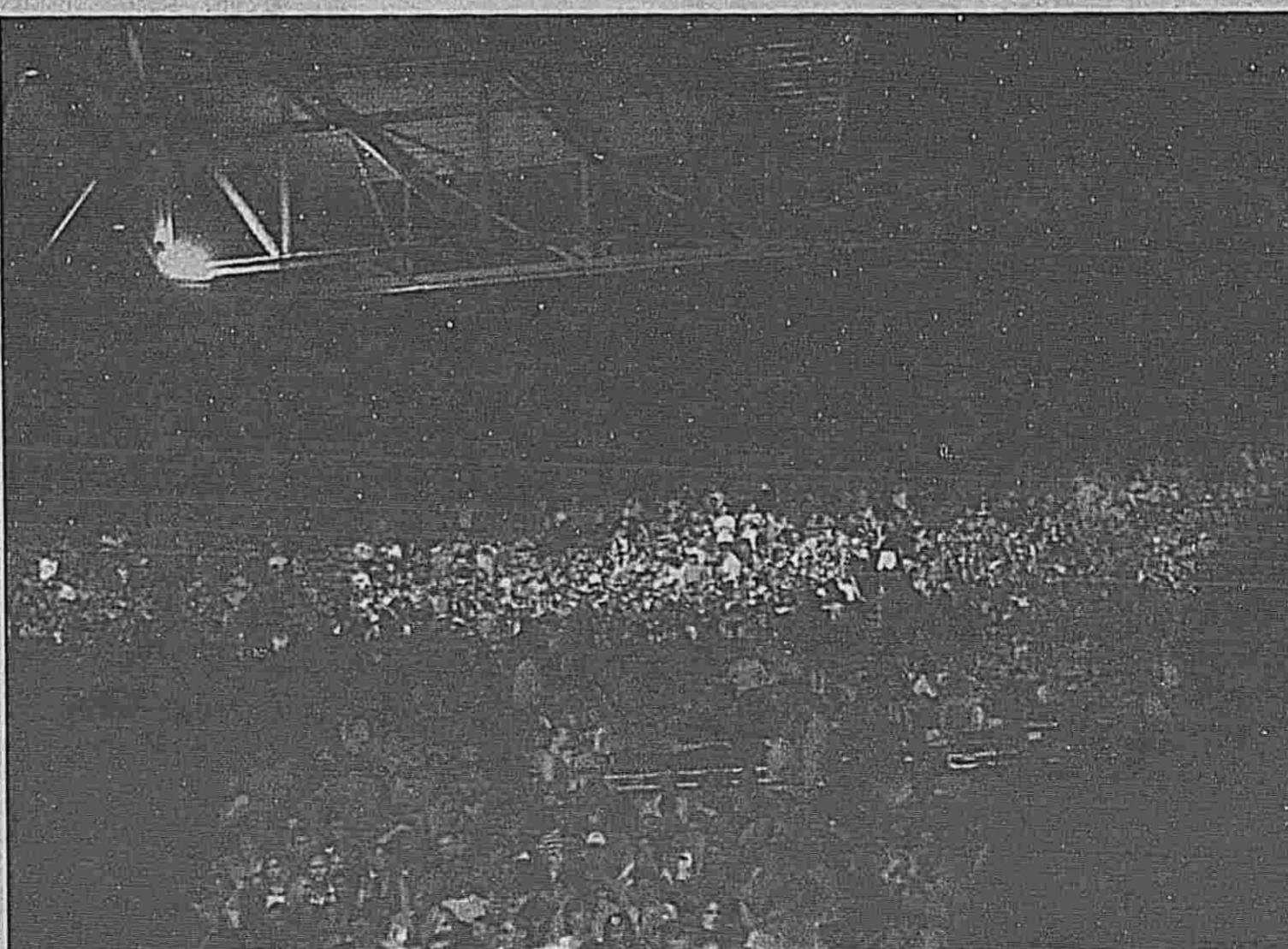
Summerfest is almost over, but there is still time to get in on the fun. Gate tickets are \$8 weekdays from noon until 4 p.m. and \$15 weekdays after 4 p.m. and weekends. Tickets for seniors and children under 10 are \$3. Infants age 2 and under are free.

Tickets for Marcus Amphitheater shows must be purchased separately. Those tickets include admission to the festival.

For a complete performances schedule, visit www.summerfest.com.



Annie Christie - achristie@nwnewsgroup.com
Tom Petty jams at Summerfest in Milwaukee.



Annie Christie - achristie@nwnewsgroup.com
Summerfest packs the house, as performers entertain the crowd at the Marcus Amphitheater.

Lake County

Inside

Illinois volunteer group looks to curb undocumented workers.

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Page D1
WEEKLY JOURNALS
Friday, July 7, 2006

Around the County

● Condell expansion

During a public hearing differences surfaced regarding the proposal to up-grade Condell to a Level I Trauma Center.

Page D3

● Off and Running

Columnist Esther Cepeda suggests a bomb has fallen on voters that could lead to voter apathy in November.

Page D4

● Partylines

State Treasurer Judy Barr Topinka is offering a proposal to relieve gas prices if elected governor.

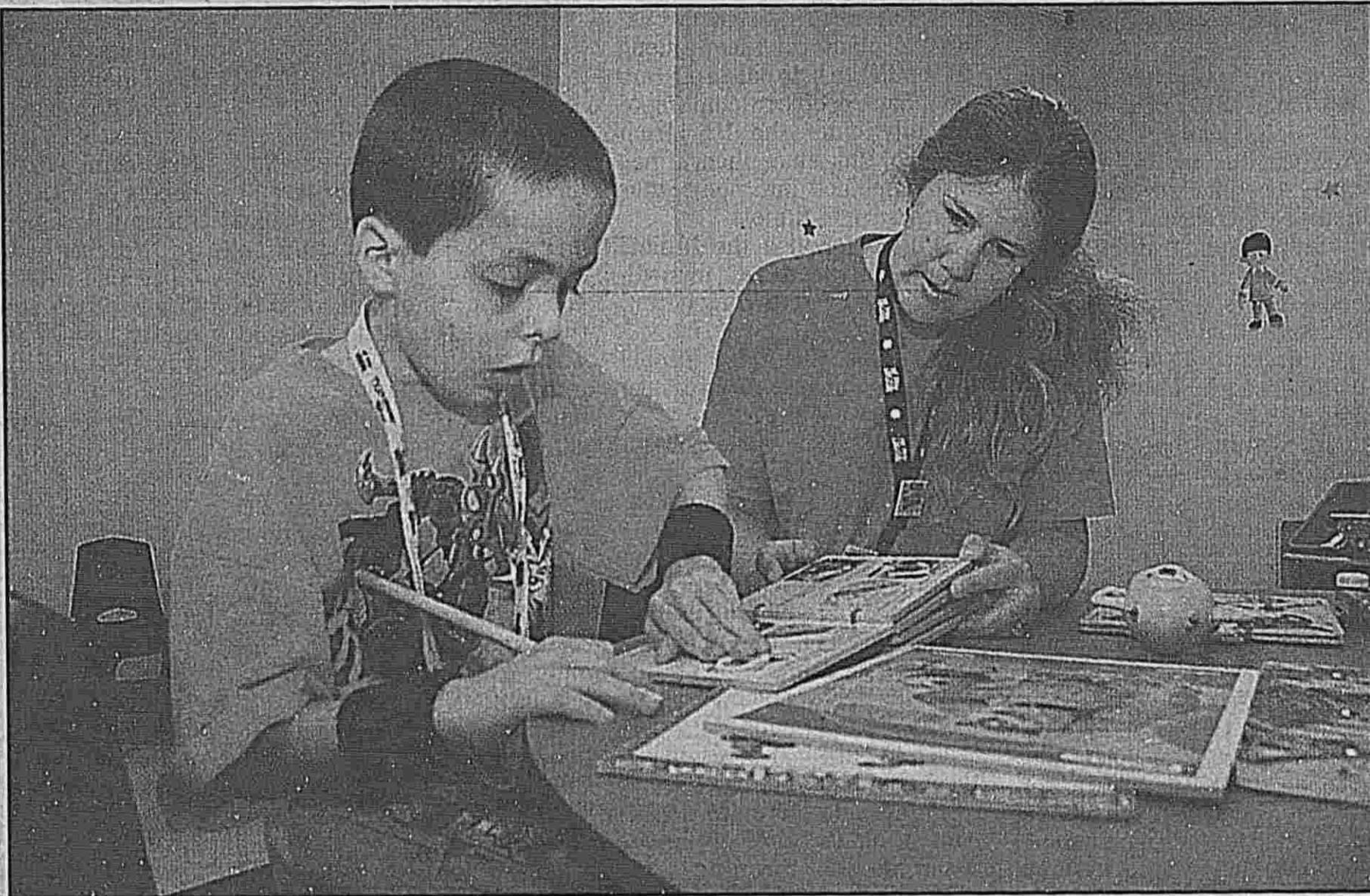
Meanwhile the 10th District race between U.S. Rep. Mark Kirk R-Highland Park and Dan Seals, a democrat, is getting national attention.

Page D5

● A national celebration

From parades to fireworks. See how the villages in Lake County celebrated the Fourth of July this weekend.

Page D6



Candace H. Johnson - cjohnson@nwnews.com

Volunteer and "Special Friend," Jennifer Shulman, of Grayslake, plays with puzzles with Parker Anthony, 7, of Round Lake, at The Chapel in Grayslake. Jennifer has been working with Parker for more than a year on Sundays.

Young friends in need

Local churches offer programs for disabled children to meet their needs

By REBECCA KLUGIEWICZ
rklugiewicz@nwnews.com

When Meredith Haynes, a member of Hawthorn Hills Community Church in Libertyville, noticed several families at church with disabled children, she wanted to do something to help.

Haynes, who volunteered in the

Sunday school program for two-year-olds, said an older boy with Down syndrome was placed in the younger class. She wanted to give the boy, and another disabled child at the church, the opportunity to succeed in Sunday school.

She started the First Friends program to help meet their needs. The program is for children with disabilities

that make it difficult or impossible for them to be in the regular Sunday school program.

"It's a very relaxed atmosphere," she said. "Each child is dealt with according to his needs and his abilities."

The program, which began at Hawthorn Hills about a year ago, includes games, music and interaction. During the program, the parents and siblings of the disabled children are able to attend regular church services.

See FRIENDS, page D6

Your life.
Connected.

WEEKLY JOURNALS

Cleaning house?
Plenty of ways to get
rid of your clutter.
PAGE C3

LOCAL NEWS

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• Immigration in Lake County

Organization takes on undocumented workers

By MATT PERA
mpera@nwnewsgroup.com

When Chicago native Rosanna Pulido made a trip to the U.S.-Mexico border in Arizona during the spring of 2005, she said her goal was to make a difference.

Illegal immigration had already been a concern of hers for some time, she explained, when she read about a new volunteer organization, called the Minuteman Civil Defense Corps (MCDC).

The group had organized along the border to spot undocumented workers crossing into the U.S., and Pulido said she knew right away she wanted to get involved.

"I thought it was going to be historic, and it was," she said of the April 2005 initiative, which was the first of its kind for the Minuteman organization.

About 1,000 people came from around the country to participate. Since then, offshoots of the group have sprung up in New Mexico, California and

Texas to enact similar projects.

The lone goal of the MCDC was to plant volunteers along the border to help patrol officers turn back people attempting to illegally enter the U.S. from Mexico. But, since then, it has also expanded into non-border states, such as Illinois.

Pulido founded the Illinois chapter of the MCDC immediately after returning from Arizona in 2005.

She said, about 600 Illinois residents, many from Lake County, have joined.

Connie Hair, spokesperson for the MCDC in Arizona, said she was not surprised at the expansion.

"The local concerns of the community are with hospitals and schooling and all the bills that are footed by the American taxpayer," she said. "And I think when the light was shown on the border issue [during the April 2005 event], it resonated throughout the country."

Pulido said there was a misconception that her group focused its energy on undocu-

Immigration

This article is the fifth in a six-part series examining the immigration population in Lake County.

mented workers in Illinois.

"Some people want to focus on the illegals [but] the only reason they're here is because we voted people into office that let them come here," she said. "So, we're trying to bring voting records to the people so they know how these [elected officials] have voted [on immigration issues]."

To that end, Pulido said she had organized several "town hall meetings" throughout the state. The meetings are to provide residents with information on immigration-related topics and to discuss how to get the attention of elected officials.

The group recently facilitated a presentation by Garrett Chamberlain, a police chief from New Ipswich, N.H., and Sheriff Daniel Beck, of Allen County, Ohio.

Both law enforcement officers have gained attention for the tough stance they take on illegal immigrants.

Pulido, who is of Mexican descent, scoffed at the assertion from critics that the goals and beliefs of MCDC members had racist undertones.

"Number one, that's why the other side hates me," she said. "They call me a racist and a 'race trader' and it's ridiculous. I always ask the question, 'Give me some clarification, show me what is racist about enforcing immigration laws that are on the books?'"

Still, during most of the Illinois MCDC gatherings, the group is met with protesters. But Pulido said it had been her group's policy not to engage the opposition in a negative way.

"It's part of the Minuteman standard operating procedure," she said. "You have to be courteous to everyone [and] not get in shouting matches."

Pulido and a handful of Illinois MCDC members organized a rally in Waukegan in

January of this year, after Father Gary Graf, of Waukegan's Holy Family Parish, asked for more dialogue with the city's police department concerning the arrests of immigrants caught driving without a license.

During that rally, Graf and members of his congregation met with representatives from the MCDC.

Graf could not be reached for comment for this story.

Waukegan resident and Illinois MCDC member Josephine Stewart said she had met with Graf to discuss the issue of undocumented workers. She explained that she did not oppose immigrants in general, just those who did not legally enter the U.S.

"I have kids and nieces and nephews," Stewart said. "[Undocumented workers are] bringing down wages, people are getting cheap labor and it's hurting. It's not me that's going to suffer, it's going to be my kids and grandkids unless it's fixed now."

May I have this dance?



Annie Christie - achrissite@nwnewsgroup.com
Josephine McMahon receives a kiss from her daughter during the Fourth of July party at Winchester House in Libertyville.



Welcome June 2006 New Members

Deer Creek Condominiums
Matthew McDonough
Gurnee, IL

Ian S. Kasper, P.C. Attorney
Ian Kasper
Waukegan, IL

Northstar Party Rentals
Gershon Rangai
Beach Park, IL

Geocaris Law Firm
James Geocaris
Fox Lake, IL

U.S. Waterproofing & Construction
Brad Hironimus
Schaumburg, IL

Cardservice Northern Illinois
Adam Kaplan
Highland Park, IL

Lakes Medical Supplies
Mohammed Khan
Gurnee, IL

Affiliate Chambers: Gurnee • Hispanic • Waukegan

Libertyville

Condell proposal sparks debate

Officials with Victory, St. Therese call for deferment of expansion

By REBECCA KLUGIEWICZ
rklugiewicz@nwnewsgroup.com

LIBERTYVILLE — Groups with opposing views made their voices heard regarding the proposed expansion of Condell Medical Center in Libertyville.

The proposed expansion would cost approximately \$103.7 million and would include adding a tower that would house 90 extra beds, as well as the expansion of other hospital services.

The expansion would be the first step in making Condell the only Level I Trauma Center in Lake County.

However, not everyone is happy with the proposal.

During a June 28 public hearing officials at Condell, with the members of the Illinois Department of Public Health spoke in favor of the proposal. Officials from Victory Memorial Hospital and St. Therese Medical Center in Waukegan called for the proposal to be denied.

The sale of both Waukegan hospitals to Community Health Systems, of Tennessee, is still pending.

Officials said the sale could bring in about \$70 million. Currently, Victory provides most of the charity care in the county.

Dennis Millirons, the president and CEO of Condell, said the proposed plans in Libertyville would benefit all residents by "making a new level of services a reality for

Lake County."

Even so, he said the immediate goal is to have enough beds to house the patients at Condell, which has a patient occupancy rate in excess of 95 percent, while the target rate for hospitals is around 80 percent.

Rich Carani, the fire chief of Libertyville, said there is a need for the expansion.

"The increased demand for healthcare services in Lake County impacts everyone," he said. "This expansion is needed for our residents, and it is needed now."

66

The increased demand for health-care services impacts everyone.

Rich Carani
Libertyville Fire Chief

99

Bruce Frazen, a doctor at Victory, said the Waukegan hospital's emergency room has longer waiting lines than Condell, and approval of the expansion could keep resources away from other areas in the county where they are needed more.

"Waukegan should not be forgotten," he said.

Neil Puller, another doctor at Victory, agreed.

"Libertyville simply doesn't represent the growing population of the county," he said.

The Illinois Health Facilities Planning Board will meet July 18 to discuss the expansion proposal.

COUNTY

Highway Advisory Radio offers latest info to motorists

Lake County rolls out latest feature of new PASSAGE program

Lake County unveiled the latest component of its PASSAGE intelligent transportation system recently with the start of broadcasts over its Highway Advisory Radio (HAR) system.

Motorists in the eastern half of Lake County can now tune to 1620 AM to hear the latest information about accidents, road construction or other events on the county highway system that might influence their decision in selecting a travel route.

Lake County's PASSAGE intelligent transportation system is an innovative combination of technology and communications designed to improve traffic flow and manage traffic incidents on Lake County's arterial road network.

With three transmission towers built and operating along the I-94 corridor, the

radio broadcasts can currently be picked up in all but the most western areas of Lake County.

66

It is important that we provide motorists with as many tools as we can, to deal with this difficult problem.

Suzi Schmidt
County Board

99

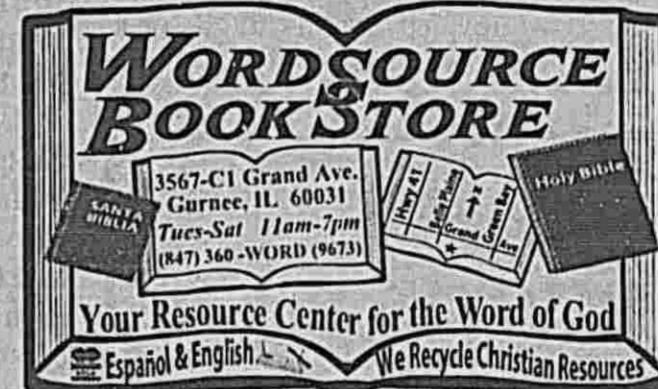
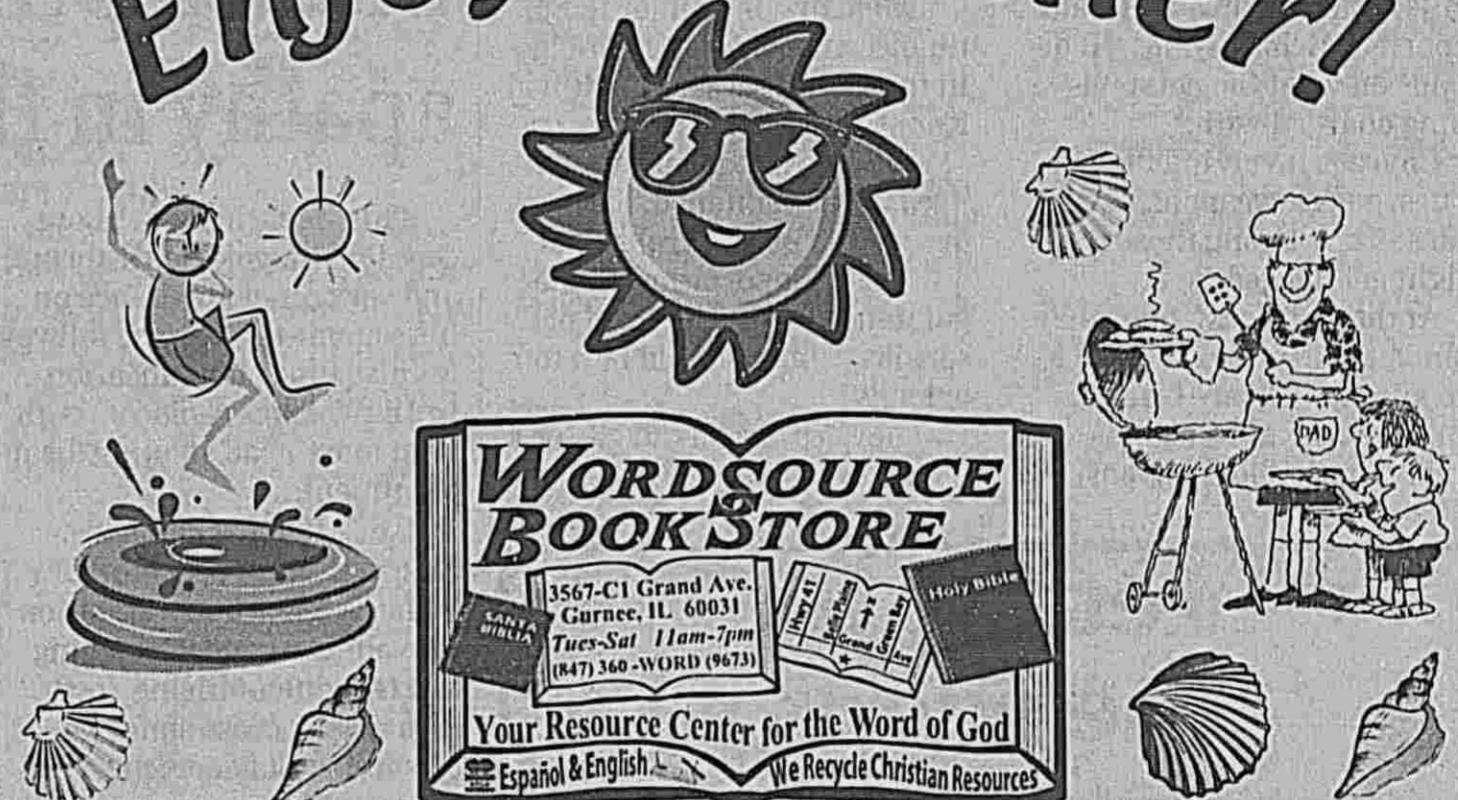
There are plans to consider additional transmission points which would make the broadcasts available throughout the entire county.

"Helping people to make informed travel decisions is one way that intelligent transportation systems can address traffic congestion," County Board Suzi Schmidt said. "It is important that we provide motorists with as many tools as we can, to deal with this difficult problem."

Operators at the Traffic Management Center in Libertyville receive traffic-related information from the Lake County Sheriff's 911 computer aided dispatch program that alerts them to traffic crashes, stalled vehicles and other incidents that would impede traffic flow.

The information is then converted to concise voice messages which are broadcast to motorists over the radio. It is only necessary to listen for a minute or so to get the latest information for the entire county.

Enjoy Summer!



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• Our View

Deportation failing in U.S.

Illegal immigrants are breaking laws, not by just being here, but criminal laws that should force them back to their home countries.

When suspects are sitting in jails and are here illegally, deporting them is a matter of a ride to a detention facility.

What seems to be happening is a breakdown in communication among local, state and federal law-enforcement authorities. Illegal immigrants get lost in the shuffle of already overworked and understaffed agencies.

Local officials might get frustrated with federal immigration authorities because they are more interested in illegal immigrants who commit major felonies.

"It's not a black-or-white issue," Elgin police Sgt. Brad Entler told Northwest Herald reporter Michael Gibbs. "It depends on what the person is being charged with."

Charges involving illegal drugs, gangs, weapons, assault and sex are among those that might get flagged.

At the very least, once they complete jail or prison terms, the minute they are free, Immigration and Customs Enforcement should deport

them.

Two high-profile cases, in which two McHenry County men in the United States brought the issue to the forefront.

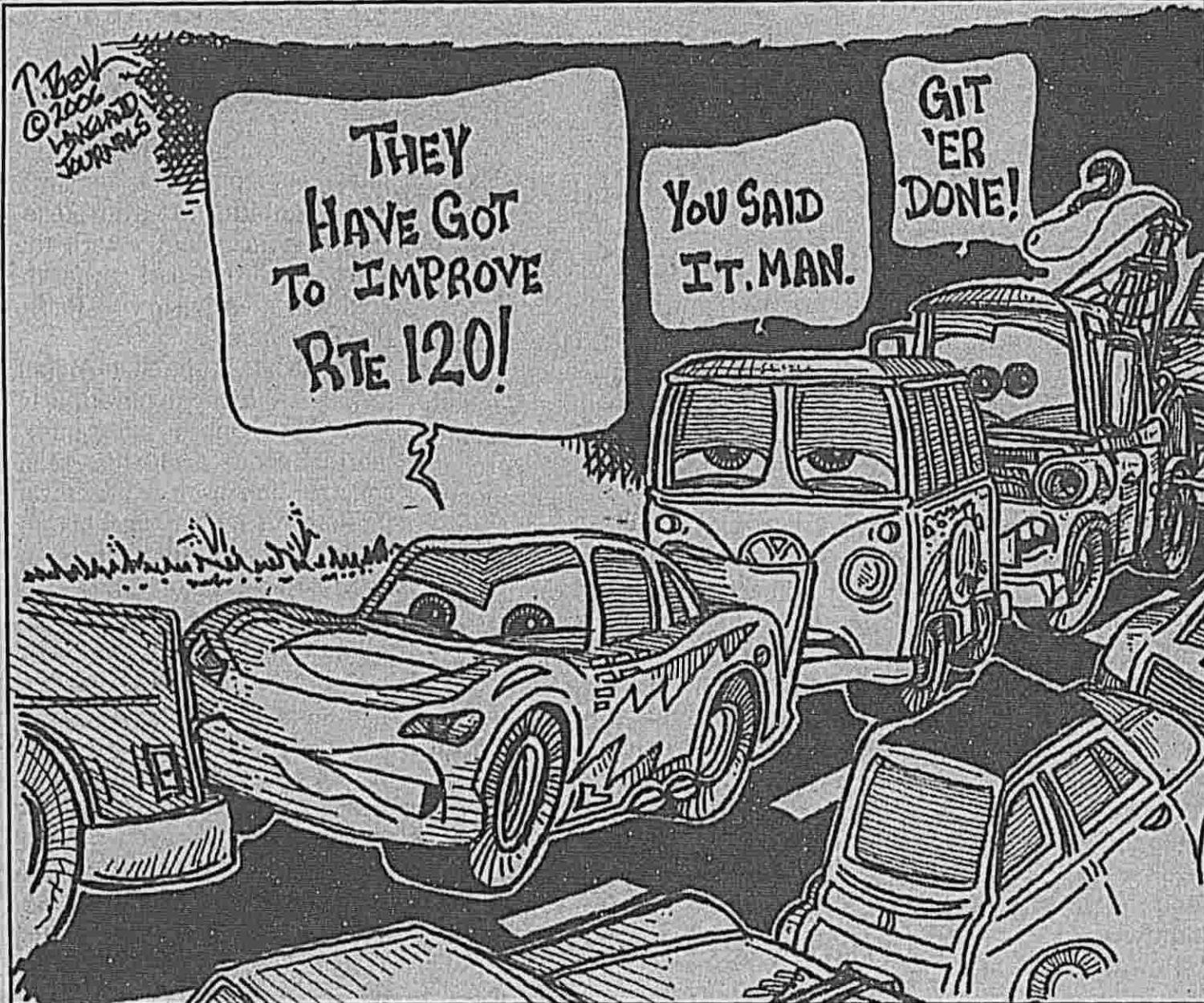
Eulalio Haro and Lorenzo Alvarez are charged with drunken driving in connection with the deaths of Dean Knopse, 71, of Crystal Lake, last month, and Jon Fiala, 41, of Huntley, in May.

Haro was convicted in 1993 of reckless homicide in a drunken-driving crash. He was deported after serving 19 months in prison, only to return to Illinois. He developed a long criminal history, including two driving under the influence convictions in 1998. Yet Haro remained in the United States.

He now is charged with aggravated driving under the influence and reckless homicide in the June 24 crash that killed Knopse.

The U.S.-Mexico border needs to be tightened. No border will be impenetrable, but automatic deportation of illegal immigrants convicted of serious crimes should be a top priority.

They are already in custody. It's easy pickings.



• Off and Running

Broken promises could lead to voter apathy in the Illinois Governor race

This week, my glee about Gov. Rod Blagojevich's abrupt and very quiet about-face on his scheme to lease the tollway to raise funds for education initiatives was replaced, with even more head-shaking disappointment.

U.S. Attorney Patrick Fitzgerald dropped another bomb. A federal investigation into alleged state job rigging and fraudulent hiring documentation across state agencies in the Blagojevich administration.

Oh, not a bomb on Blagojevich, no, no. He's got his attorneys and spokespeople to circle the wagons around him, kid-friendly press conference photo-ops, and his eternally sunny disposition to buoy him on his campaign trail, bumpier as it might be getting.

No, the bomb is on the voters of Illinois who have been

held hostage to an endless parade of self-serving politicians. The ones who promised to do right by us, promised not to lie or cheat, looked us in the eyes and told us they're cleaning up government. How many times can voters hear that this time, things will be different? I'm not sure, but learned helplessness leads to voter apathy,

and I predict historic low numbers at polls in November.

The next level

If you don't know the difference between a Level 2 trauma center and a Level 1 trauma center, congratulations, you have been insulated from med-

ical tragedy.

In terms of population density, and accompanying traffic congestion, Lake County has come a long way, baby. And, whether we are unlucky enough to get hurt, we have to travel a long way to get the medical care necessary during that crucial one-hour period immediately after sustaining injury.

With the proposed expansion, Lake County can have access to in-house trauma surgeons 24 hours a day, a region trauma coordinator and specialized surgical care. That is, if the Illinois Health Facilities Planning board approves Condell Medical Center's proposal to go from a Level 2 to a Level 1.

Hopefully, the planning board cleaned house and is back on the up and up.

See CEPEDA, page D5

Letters to the editor

Besides traditional mailed letters, Weekly Journals accepts letters by fax and E-mail. Limit letters to 250-300 words and include your name, address and daytime phone on all letters.

- Fax: (847) 223-8810
- Letter: P.O. Box 268
Grayslake, IL 60030
- E-mail: news@lakelandmedia.com

Snapshot

Your thoughts on this week's hot topic

Do you agree with the U.S. Supreme Court, after they rejected President Bush's tribunals at Guantanamo Bay, Cuba?



"Not enough information to make an educated decision."

Bill Roberts
Grayslake



"That's why the constitution was created, for all the people."

Charles Fitzgerald
North Chicago



"I think they shouldn't have to be tried."

Cynthia Hernandez
Round Lake Beach



"I think it's a good idea that he [President Bush] can't just do what he wants."

Cathy Magnuski
Round Lake

Partylines

compiled by staff reports

Topinka touts tax relief from gas prices

State Treasurer Judy Baar Topinka, who is running for governor against Gov. Rod Blagojevich, said that if elected governor, she would offer a proposal that would provide tax relief for Illinois motorists when gas prices are \$2 per gallon or higher.

Heading into the Fourth of July holiday, she explained she would have made commutes less painful for Illinois residents.

"If I were Governor, on this Fourth of July holiday of high gas prices, I would have provided Illinois motorists with freedom – freedom from extra taxes that they are paying on gas to Rod Blagojevich's Administration," Topinka said. "As governor, I will propose a plan that will phase in sales tax relief when gas prices are \$2 per gallon or higher and then cap the sales tax on gas when gas hits \$2.50 a gallon or higher."

Dinner guest

When Vice President Dick Cheney came to the Chicago Mercantile Exchange, to talk about the economy and to raise

funds for 8th Congressional District candidate David McSweeney, there was a special someone in the audience.

Sen. Adeline Geo-Karis was McSweeney's special guest to the \$250-a-plate luncheon. She had been snubbed by Cheney's security detail and left out on the tarmac of the Waukegan airport, after having arrived to personally welcome the vice president to the county a few weeks back.

"She had a great time, she said she's very supportive of my candidacy," said McSweeney.

Sen. Geo-Karis was among the 300 people who raised approximately \$200,000 for McSweeney's race against incumbent Rep. Melissa Bean.

10th District heating up

The Cook Political Report, a nonpartisan Washington political publication, recently upgraded the 10th District race between Dan Seals and Mark Kirk to its "Competitive House Race" chart. Seals is turning up the heat on U.S. Rep. Mark Kirk, R-Highland Park.

Seals, a Wilmette resident,

on leave from his position as Director of Marketing at General Electric Commercial Finance to campaign full time against Kirk, blasted him for "anti-veteran voting," the day the U.S. military announced the death of the 2500th serviceman in Iraq in three years.

"Just last year, Kirk voted to cut veterans' benefits by \$13.5 billion over 5 years. Two years before that he voted to cut the same benefits by \$30 billion over 10 years," Seals said in a statement.

Seals criticized Kirk for pledging to work toward provid-



Mark Kirk
10th District
R-Highland Park



Dan Seals
Democrat and
10th District op-
ponent.

ing Lake County veterans with state-of-the-art health care, but charges that Kirk has repeatedly cut the programs that would provide that care.

Seals said he didn't believe Kirk was representing the residents of the increasingly Democratic 10th District.

"In a district that has voted for a Democrat in every presidential race since 1996, incumbent Congressman Mark Kirk votes with his party 91.49% of the time," he said.

Seals and the Democrats of the 10th District were visited by U.S. Sen. Evan Bayh, D-Indiana, in Highland Park on June 30 to keynote a fundraiser. Bayh, who is in his second term as a U.S. Senator, has been pegged as a possible contender for the Democratic Party's presidential nomination in 2008.

The 10th district includes all or part of Waukegan, Warren, Shields, Moraine, West Deerfield, Vernon, Libertyville, New Trier, Northfield, Wheeling, Elk Grove and Palatine Townships.

Alternative travel

State Rep. Kathy Ryg (D-

Vernon Hills) joined members of the Midwest Interstate Passenger Rail Commission, to request that Congress fund Amtrak at \$1.8 billion for fiscal year 2007.

The funds would keep the national rail system running and provide a state matching program to mitigate freight congestion.

Final resolutions are expected in this month.

"Rail reduces traffic congestion and gives travelers a way to avoid rising gas prices," Ryg said. "It is good for the environment and stimulates the economy, creating jobs and tourism. In Illinois, we're working to expand rail and take advantage of these benefits, but we can't do it without federal assistance."

Ryg, a member of the House Mass Transit Committee, successfully led the effort to double state funding for Amtrak to \$24.3 million this year.

Amtrak will add two additional daily routes between Chicago and Springfield and provide service to Carbondale and Quincy.

The Chicago to Milwaukee route will also receive funds.

New Waukegan High School principal accused of fixing grades

• CEPEDA

Continued from D4

Some members were handed indictments in 2005 for "influence peddling, kickbacks, and other corrupt actions" that affected local health care organizations. Those members are no longer there, but we need to cross our fingers.

Guerra speaks
Waukegan High School

teachers hold on to your hats.

Your new principal, Ed Guerra, held a press conference in the auditorium of Farragut High School last Saturday to defend himself against allegations that he fixed the grades of soccer players.

He's been under investigation for a year and a half, by a Chicago Public Schools investigator, who Guerra claims has a bone to pick over an inappropriate relationship with a mutual friend.

Guerra chronicled a laundry list of problems that have plagued him and Farragut during his thirteen years as principal. Including a 1994 incident, in which he was accused of firing five shots at a councilwoman. She later recanted in court, which disgruntled teachers who had organized student walkouts against him.

Throw onto that, electronic grades and sensitive files were hacked into by students, and a computer programmer. The computer programmer was

dismissed for having child pornography on his work computer. Guerra also faced allegations – which he dismissed as being "ludicrous" – that he took money from student funds.

Guerra claims he's the victim of endless smear campaigns because of his "take no prisoners style." I asked him how he thought his difficult personality might affect his new staff.

"Do I have the personality to ruffle feathers? Not only do I

ruffle 'em, I clip 'em," Guerra said. "I hold everybody accountable. In the past thirteen years I've let go about 60-plus teachers, I have made a lot of enemies. When I was recruited by Waukegan High School, they knew what kind of person I was. But, my team knows I support 'em...but, [if teachers underperformed] some have been suspended for five or ten days without pay."

There was more but you get the picture. Gulp. And good luck.

Fourth of July recognition and fun



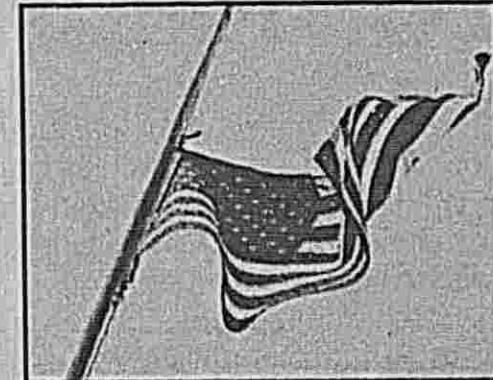
Annie Christie - achristie@nwnewsgroup.com
Daniel Hernandez, 7 of Waukegan, salutes during the Independence Day Parade.



Sgt. 1st Class Jorge Tames (right) and Sgt. Kevin McKinnal walk through the flags that were placed by the Exchange Club of Waukegan in memory of the Sept. 11 victims and in honor of our armed forces.



Annie Christie - achristie@nwnewsgroup.com
Abby Ranalli, 5, of Ingleside, enjoys a ear of corn at the Fox Lake Celebration in Millennium Park.



Annie Christie - achristie@nwnewsgroup.com
A flag flies half-mast in Fox Lake in memory of Sgt. Terry M. Lisk, 26, of Fox Lake. Lisk, who was assigned to the 1st Battalion, 37th Armor Regiment, 1st Brigade Combat Team, 1st Armored Division, Friedberg, Germany, died June 26 of injuries sustained during combat operations in Ramadi, Iraq.

Lake County DISCOVERY museum

CIVIL WAR DAYS

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Saturday, July 8, Noon - 3 pm
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Lake County Forest Preserves
www.LCFPD.org

Families pleased with Special Friends program

• FRIENDS

Continued from D1

Children with cerebral palsy, autism, Down syndrome, and other developmental and learning disabilities take part in the program.

Meanwhile, in Grayslake, a similar program exists at The Chapel. The non-denominational church is becoming a multi-site campus and will soon include locations in Mundelein, Barrington, and the Lake County Jail. Hawthorn Hills Community Church will also be a part of The Chapel.

Irma Brandys, the Special Friends team liaison at The Chapel, said the program started at the Grayslake location in 2004. Prior to the start of the program, children with special needs attended the regular Sunday school classes with one-on-one volunteers. Church officials wanted to provide more specific services to the children.

"We felt that if we were able to provide some stimulation early on, that would be theulti-

If you're interested...

For more information about First Friends at Hawthorn Hills Community Church in Libertyville, call Meredith Haynes at (847) 573-1901. For more information about Special Friends at The Chapel, call the church at (847) 201-2777.

mate way to service and to minister these children and their families," Brandys said.

Overall, the feedback for the Special Friends program from families has been positive.

"We have heard amazing testimonies from them," Brandys said. "Many of these families were not able to attend church at all because they were not able to leave their children alone in ministry programs."

The families and children aren't the only ones that benefit from the program. Brandys said she learns a lot from the special needs children.

"They love unconditionally and they have a faith that's amazing," she said. "They don't question faith."

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The Lake County Health Department and Community Health Center offers walk-in and telephone crisis counseling and referrals for Lake County residents experiencing emotional stress. This is a service of the Crisis Care Program, 3002 Grand Ave., Waukegan. For assistance, call 847-377-8088. (A TDD, hearing impaired phone line is also available at 847-360-2905.)

LAKE FOREST HOSPITAL

Summer Health Fair in Lindenhurst, July 29

Lake Forest Hospital is hosting a Summer Health Fair at its Lindenhurst Health & Fitness Center (HFC) on Saturday, July 29. There will be lots of fun and useful information for the entire family from 10 a.m. until 2 p.m. It's all free of charge and highlights include:

- Body fat screenings
- A registered dietitian to answer your questions
- Bone density, blood pressure, speech and audiology tests
- Backpack safety checks
- The Lake County Sheriff's Department K-9 Unit
- Games and activities
- Giveaways, including three one-month Lindenhurst HFC memberships

In addition to Lake Forest Hospital, several participating organizations such as Rosalind Franklin University, American Cancer Society, Lake County Health Department, YWCA, American Heart Association, American Lung Association, American Diabetes Association, A Safe Place and Big Brothers/Big Sisters of Lake County will be represented at the Summer Health Fair.

It is located at 3098 Falling Waters Blvd. For more information, call (847) 535-6709.

Dangers of overdoing it in the summer heat

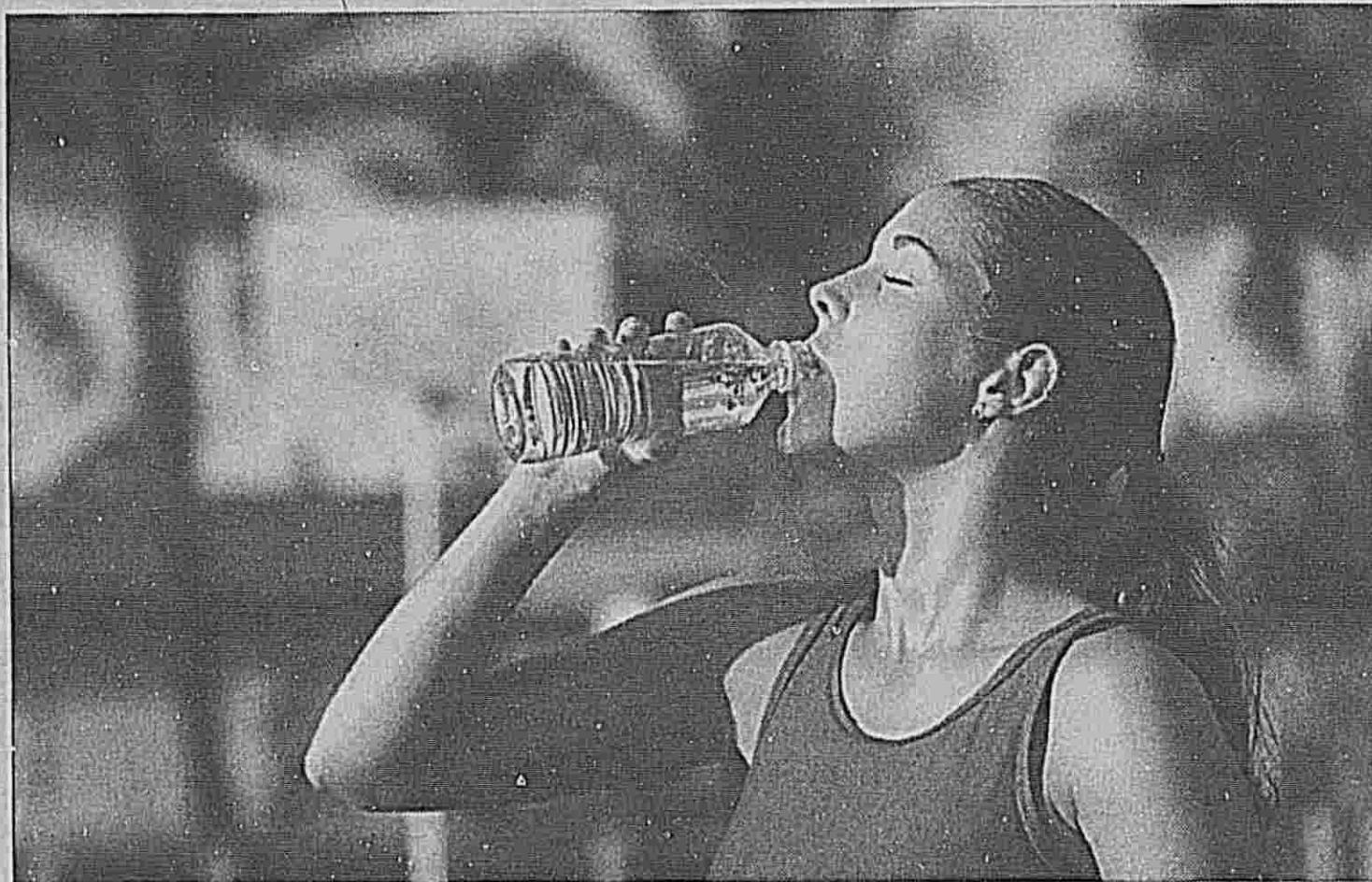
With longer days, warmer temperatures, and an abundance of sunshine, it's no wonder so many of us take to the outdoors for summertime fun. While it feels great to be outside for recreational activities and exercise in the summer, too much exertion can lead to serious health problems.

"When the temperature soars and humidity rises, it is time to take precautions to avoid dangerous health consequences such as heat exhaustion, heat stroke and overexposure to the sun," says Dr. Sean Robinson, assistant professor of education at Argosy University/Washington DC and ACE-certified personal trainer.

Seniors, children, and people with chronic illnesses are most susceptible to heat exhaustion and stroke, however, everyone is at risk. Many tell-tale symptoms and warning signs are associated with heat exhaustion, including dry mouth, fatigue, dizziness, headache, weak and rapid pulse, and cool, clammy, pale skin. And many of these symptoms take several hours to appear.

"The early symptoms of heat exhaustion can sneak up on us," explains Dr. Robinson. "Some people feel a bit light-headed and weak, and might have a touch of nausea. The serious problems develop when symptoms are ignored and additional fluids are not taken right away." Dehydration - and the resulting loss of electrolytes such as sodium - is the primary cause of heat exhaustion. Dr. Robinson advises people to stay well-hydrated and take in extra salt. "Drink even though you don't feel like it - you can't count on your thirst mechanism to prompt you."

Heat stroke is the most severe form of heat illness and is a life-threatening emergency. It is the result of long, extreme exposure to the sun, in which a person does not sweat enough to lower body temperature, reaching over 103 degrees. People suffering



Drinking water is essential for avoiding heat stroke.

from heat stroke may experience extremely serious medical conditions, including hot, dry, red skin; no sweating at all; disorientation, hallucinations, or delirium; convulsions; and a loss of consciousness.

"Heat stroke can occur within 10 to 15 minutes of the first symptoms. If treatment is not given immediately, permanent damage can occur to internal organs," says Dr. Robinson. He also emphasizes that heat stroke is a medical emergency. "Call 911 or transport the victim immediately to a hospital." While waiting for medical help, Dr. Robinson advises that an attendee to a heat stroke victim should move him or her to a cool place indoors and lower the body temperature by wrapping the victim in wet sheets, wet clothing or ice packs.

Summer is always a great season to enjoy and be physically active in the fine weather and outdoor opportunities. Knowing the signs of heat exhaustion and heat stroke, and what to do when one is exposed to these conditions, will help keep you, your family and friends healthy and safe during the dog days of summer.

Summer food safety tips

• Make your stop for food the last stop on your list of chores. The sooner you can get home with your groceries, the better. If you have room in the back seat, it might be cooler, after your air conditioner kicks in, than keeping the groceries in the trunk of your car.



• If it takes a while for you to get home from the grocery store, get one of those cooler bags for your frozen items, or bring a full size cooler with freezer packs and put your ice cream, dairy items, meat, eggs, and other perishables in the cooler for the trip home.

• If your kids (or the adults) snack in the car, make them nonperishable snacks, like nuts and crackers or dried fruit. • Cheese sticks left in a hot car are pretty ugly. • If you are on a road trip and you are taking beverages, stay away from cans of carbonated beverages that could explode in the car. Yuk. Stick with plastic bottled, non-carbonated drinks or juice boxes.

• If you are going on a day trip (or even across town) freeze a couple of bottles of water or sports drinks or lemonade for the trip. If you keep them in a cooler, they'll still be cool for the trip home. We keep a variety of about ten different frozen drinks in the freezer at all times!

• If you use a cooler, keep it full. It will stay cold longer. If you are eating outdoors, here are some additional reminders:

1. Plan just enough so there are no leftovers.
2. Try to pick foods that are cooked, like fried chicken, and eat them within a couple of hours.
3. Keep all food in a cooler until you are ready to eat.
4. Avoid using dairy products at your picnic or at your patio party. Mayonnaise can go bad pretty quickly.
5. Any food left outside for more than an hour or so should be thrown out.

LEONARD J. STANG SR.

Born: Aug. 19,

1929

Died: June 24,
2006He served as
part of Gen.
MacArthur'sHonor Guard and was his personal
chauffeur, while serving in the U.S.
Army

Wadsworth. Interment was held immediately after the service at Milburn Cemetery. Friends of the family visited on June 29 from 10 a.m., until the time of the service at the church. Memorials may be made to the Illinois Veterans Home, 1707 North 12 Street, Quincy, IL 62301. All funeral arrangements were entrusted to Strang Funeral Chapel and Crematorium, in Grayslake.

GURNEE – Leonard J. Stang Sr., age 76, of Gurnee passed away Saturday, June 24, 2006 at the Illinois Veteran's Home in Quincy. He was born in Brooklyn, NY to the late Arthur and Mildred Stang. Leonard was retired from the Army after 22 years, where he served as part of General MacArthur's Honor Guard and was his personal chauffeur. He also retired from the village of Glencoe public works after 26 years.

Leonard is survived by his children Leonard J. Stang Jr., George O. Graham, Merton (Amy) Graham, and Kirk Nagel, his grandchildren; his brother; and numerous nieces and nephews. He was preceded in death by his wife Anna Dora Stang, his sister, and his daughter, Roberta Cracraft. A Funeral Mass was celebrated on June 29, at 11 a.m. at St. Patrick Catholic Church, in

LORETTA B. ANDREWS

Born: Feb. 3, 1922

Died: June 27, 2006

A former resident of Grayslake

McHENRY – Loretta B. Andrews, age 84, a former resident of Grayslake passed away Tuesday, June 27, 2006 at the Alden Terrace in McHenry. She was born in Chicago to the late Roy and Loretta Lance.

Loretta is survived by her children Lee (Daniel) Kane, Laurel (James) Anzalmo, and Lynn (Brian) Bachofner; her grandchildren; and three great-grandchildren. She was preceded in death by her parents, her husband, Robert Andrews; and her son, Roy Andrews.

A Funeral Mass was celebrated on June 30, at 10 a.m., at St. Gilbert Catholic Church in Grayslake, in the

OBITUARIES

small chapel. Friends of the family visited on June 29, from 4 to 8 p.m., at Strang Funeral Chapel and Crematorium, in Grayslake.

29 at the Burnett-Dane Funeral

**GLYKERIA J.
PETROPOULOS**

Born: Aug. 24, 1933

Died: June 21, 2006

Died suddenly while on vacation in Kalamata, Greece

WAUKEGAN – Glykeria J.

Petropoulos, age 72 of Waukegan, passed away suddenly, Wednesday, June 21, 2006, while on vacation in Kalamata, Greece. She was born in Kavala, Greece, the daughter of Anthony and Soultana Andronikos and came to live in the U.S.A. in 1955.

Surviving are her husband, John Petropoulos of Waukegan; three children, Peggy (Stefanos) Kiriazis of Zion, Peter Petropoulos and Antonia (Kostas) Sokorelis, both of Gurnee; and four grandchildren. She was preceded in death by her brother.

Funeral services were held at 10 a.m., June 30 at St. Demetrios Greek Orthodox Church in Waukegan, with the Rev. Fr. Cosmas Halekakis, officiating. Interment followed at Northshore Garden of Memories. Visitation was from 6 to 9 p.m., June

ANDREW EWING

Born: June 5,

1917

Died: May 30,
2006

Enlisted into the Army Air Corp and served with the South Pacific Theatre

CHICAGO – Andrew Ewing, age 88, passed away Saturday, May 20,

2006, in Dublin, Ohio, surrounded by his loving family. Born June 5, 1917 in Glasgow, Scotland to Alexander and Jemima (nee Burnett) Ewing, Andrew came to Ellis Island in 1923, and settled in Chicago with his parents and sister. He enlisted into the Army Air Corp in October 1942 at age 25, and served in the South Pacific Theatre. Discharged as a Sergeant in December 1945, Andrew married Irma Bland on June 24, 1946 in Plainville, Kan. He lived his entire life in the Chicagoland area, Round Lake, and Lindenhurst.

Survivors include his wife of 60 years, Irma; his sister Janet May; his children Drew, Janine, and Shawn Ewing; and four grandchildren. Andrew was preceded in death by

his aforementioned parents and his son, Kirk.

A memorial service will be held at 3 p.m., on July 8, at Strang Funeral Chapel and Crematorium, in Grayslake. Friends of the family may visit from 2 p.m., until the time of service. In lieu of flowers, contributions can be made to the American Cancer Society, 100 W Palatine Rd, Ste. 150, Palatine, IL 60067.

**TERESA M. 'TERRI'
WENDEL**

Born: July 17, 1961

Died: June 20, 2006

Born in Grayslake and attended Grayslake Community High School

ST. AUGUSTINE, Fla. – Teresa M. "Terri" Wendel, age 44, of St. Augustine, Fla., died June 20, 2006 at Flagler Hospital after a lengthy illness. She was born July 17, 1961 in Grayslake, and attended Grayslake Community High School.

Memorial service was held at 2 p.m., Thursday, June 22, at Trinity Episcopal Church, with the Rev. David Weidner, pastor and the Rev. Susan Clayton, associate pastor, offi-

See OBITUARIES, page D10

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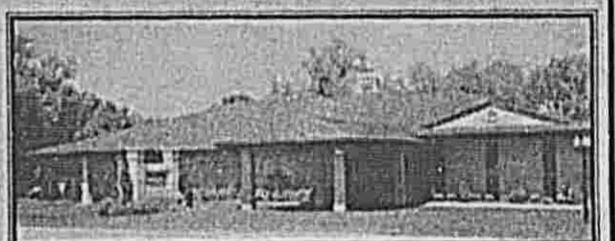
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OBITUARIES,
continued from page D9

ciating. Flowers are gratefully declined, but those wishing to may make a contribution in her memory to the Trinity Episcopal Parish, 215 St. George St., St. Augustine, FL 32804.

She is survived by her daughters, Dana Marie and Amber Lynn; her parents, Bill and Katy Hall of St. Augustine, Fla.; brother and sister-in-law, James and Elizabeth Hall and their children, Ryan, Aaron, and Roxanne of Lake Villa; sister, Tamara Hall-Hubbard of Ripon, Wis.; maternal grandmother, Beverly Waters of West Palm Beach, Fla.; niece Lauren Hubbard of Ripon, Wis. and nephew, Keith Hall of Chicago; many aunts, uncles and cousins; her companion, Michael Zipp and numerous friends.

Craig Funeral Home and Crematory handled the arrangements.

LIZ 'NANA' KOEPKE

Born: Jan. 23, 1956
Died: June 24, 2006
Formerly employed at Sears Hardware in Waukegan

WAUKEGAN – Liz "Nana" Koepke, age 50 of Waukegan, died on Saturday, June 24, 2006 at Victory Memorial Hospital in Waukegan. She was a loving wife, mother and grandmother.

Survivors include her husband of 13 years, Scott Koepke; two daughters, Samantha Rutter of LaPlace, La. and Cassey Moreno of Waukegan; two grandchildren; three sisters, and nieces and nephews. She was preceded in death by her sister.

A memorial service was held July 1 at 4 p.m. at the Congdon Funeral Home in Zion.

TERRY MICHAEL LISK

Died in Iraq



Terry Michael Lisk, loving son, wonderful dad, proud Soldier, family and public hero. He will be missed by all and remembered forever in our heart.

He is survived by a daughter, Cassidie Lisk; two sisters Katrina (Mike) Hare and Amanda Meyers; two brothers, Justin Dunn and Noah Lisk; grandparents, Norbert Lisk, Jim

Faircloth, and Flossie (Bill) Johnson; three nieces, one nephew, numerous aunts, uncles, cousins, step-grandparents and extended family. Proceeded in death by his grandmother Betty Lisk.

Visitation will be held Friday, July 7, from 2 to 8 p.m., at the Marqiewicz Funeral Home in Lemont. He will lie in state, Saturday, July 8, from 10 to 11 a.m., at St. Matthew Church, 305 Lemont St., in Lemont. The funeral service will be held July 8, at 11 a.m., at St. Matthew Church in Lemont. Interment will be in St. Matthew Church Cemetery. In lieu of flowers, donations may be made c/o Cassidie Lisk to St. Matthew Church, 305 Lemont St., Lemont, IL

DOROTHY MAE GORDON

Born: Aug. 5, 1930
Died: June 28, 2006
She retired from Sunset Foods in Lake Forest

WAUKEGAN – Dorothy Mae Gordon, age 75 of Waukegan, died on Wednesday, June 28, 2006 at home. She was a member of Community Christian Church of Waukegan.

Survivors include her children, Karen Bolton of Beach Park, Diane (James) Milam of Wadsworth, Donna Gordon of Waukegan, Billie Jean (Steve) Willis of Cedar Park, Tex., William (Carla) Gordon Jr. of Beach Park and Sherri Alexander of Waukegan; 13 grandchildren; four great grandchildren; a brother and a sister. She was preceded in death by her husband, William Gordon Sr.; a grandson; and her parents, Gordon and Dorothy Zoehler.

A visitation was held on June 30, from 5 to 8 p.m. at the Congdon Funeral Home in Zion. Funeral services were held on July 1 at 10 a.m. at the Congdon Funeral Home with Pastor Tim Knight of Community Christian Church, officiating. Interment followed at North Shore Garden of Memories in North Chicago.

**ROSE A. VACOVSKY
(nee PIVONKA)**

Born: March 6, 1903
Died: June 28, 2006
Lived to be 103 years old

WAUCONDA – Rose A. Vacovsky (nee Pivonka), age 103, died June 28, 2006 at Lexington of Lake Zurich.

To submit an obituary, please call Nancy Thielsen at 847-223-8161, ext. 143 or e-mail wjobits@weeklyjournals.com. Obituaries must be received by noon on Tuesday.

She was born in Czechoslovakia.

Rose was the beloved wife of the late Edward; loving mother of Nancy Jackson and the late Rose Gribben; cherished grandmother of seven; and devoted great grandmother of seven.

Funeral service and interment was private at Wauconda Cemetery. In lieu of flowers, memorial contributions to Wauconda Fire Department Paramedic Fund, 109 W. Liberty St., Wauconda, IL 60084 will be appreciated.

BILL STRICKLAND

Born: Aug. 24, 1953
Died: June 27, 2006

LAKE ZURCH – Bill Strickland, age

52 of Lake Zurich, died June 27, 2006.

He was the beloved husband of Jan; loving father of Kelly and Lindsey, dear son of Margaret and the late Edward Strickland; and dear brother of Ed Strickland and Betty (Jim) Allison.

A memorial service was held at 11 a.m., on July 1, at St. Philip's Episcopal Church in Palatine. Interment was private. Memorial visitation was from 2 to 9 p.m. in the family's home. Memorials will be appreciated for the Leukemia and Lymphoma Society, 100 W. Monroe St., S-1610, Chicago, IL 60603. Arrangements were handled by Ahlgren Family Funeral Home in Lake Zurich.

BRIDAL SHOWCASE

Engagements

Suzanne McCormick & Christian Mejia

The engagement of Suzanne McCormick and Christian Mejia, has been announced.

Suzanne is the daughter of Suzanne Neibergall of Round Lake Heights. Christian is the son of Susan Mejia of Round Lake Beach.

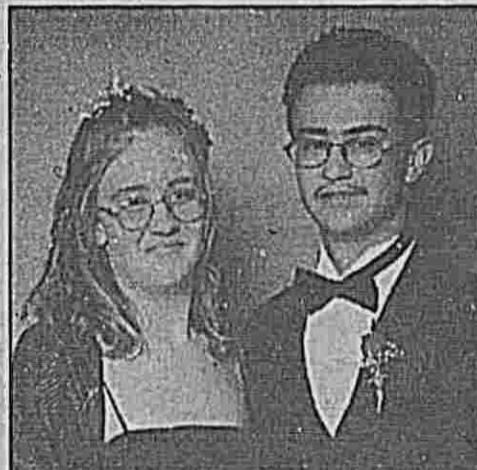
On July 8, they will be married, with Rev. Hoffman officiating. A reception will follow at the Royal Banquet Hall.

The bride-to-be is a graduate of Round Lake High School and is employed as a cashier at the BP Amoco.

The future groom graduated from Round Lake High School and is employed at Jewel as a front-end assistant.

Both bride and groom are blessed to have their mothers attending.

They plan to settle in the Round Lake area.



Suzanne McCormick &
Christian Mejia



Edward Diemer & Karen Peterson

Karen Peterson & Edward Diemer

The engagement of Karen Ann Peterson and Edward Phillip Diemer. Karen is the daughter of Jim and Grace Navis of Racine, Wis. Edward is the son of Gene and Barb Diemer of Melbourne, Fla.

They plan to have an outdoor wedding on July 15, with a reception in the park with a historical 1800s barn.

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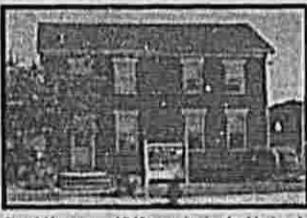
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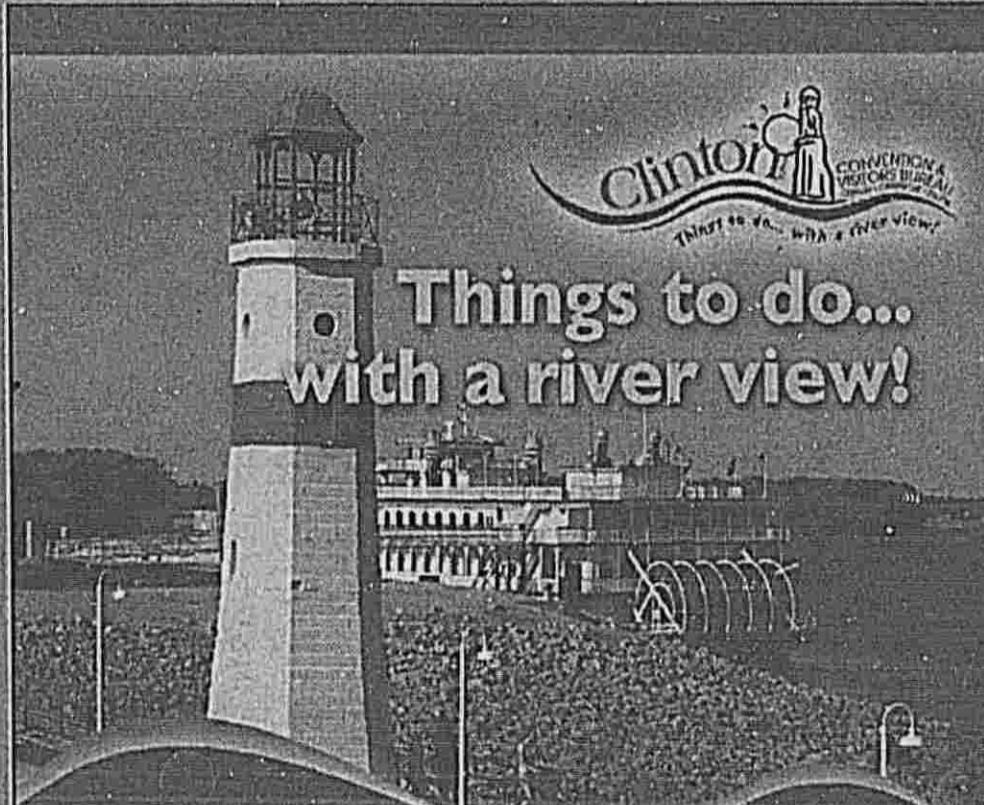
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NO PURCHASE IS NECESSARY. Open only to legal residents of the continental United States and District of Columbia, 18 years of age or older. Void where prohibited. Recipes must be postmarked by 11:59 pm on 8/15/06. By participating, entrants agree to the Official Rules available at www.americanprofile.com and the decisions of the judges. All submissions and photos become the property of American Profile and cannot be returned.

American Profile

Ask American Profile

Q Good Morning America has a new weatherman. What happened to Tony, the previous weatherman?

—Jeanne Payne, Geneva, Fla.

After seven years of commuting to New York weekly from his hometown of Washington, D.C., meteorologist Tony Perkins left *GMA* in December 2005 to spend more time with his wife, Rhonda, and their son, Connor. He's now the morning weatherman on D.C.'s Fox-TV affiliate, WTTG.



Tony Perkins

Q Are any stars of Green Acres still living?

—Jeff B., Sweetwater, Texas

Most of the cast from TV's zany 1965-71 comedy series, about a starched-shirt New York attorney and his adorable-but-clueless wife trying to make a living as a rural farm couple, are deceased. Eddie Albert (who played Oliver Douglas) died last year; Eva Gabor (wife Lisa), in 1995; Pat Buttram (Mr. Haney), 1994; Alvy Moore (Hank Kimball), 1997; Hank Patterson (Mr. Ziffel), 1975; and Barbara Pepper (Mrs. Ziffel), 1969. Tom Lester, 61, who played farm hand Eb, lives in Laurel, Miss., acts occasionally and travels as a motivational speaker. Frank Cady, 90, who played general store owner Mr. Drucker, is retired and living in Oregon.

CMT

Country Reigns at Summerfest 2006

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Q What is Billy Ray Cyrus doing now?
—Marge Robbins, Glidden, Wis.

Cyrus has transitioned from his role on the TV drama *Doc* to a new comedy series on the Disney Channel, *Hannah Montana*, in which he plays the father to his real-life daughter, Miley. "My objective is just to keep it real and be myself," says Cyrus, who relocated his family to Los Angeles for the show. The singer of the 1992 smash hit "Achy Breaky Heart" also is working on a new album that includes a song called "I Want My Mullet Back" and another, "Country Music," featuring country superstars George Jones and Loretta Lynn.



Billy Ray Cyrus plays TV dad to real-life daughter Miley.

Q I recently found an old Sports Illustrated cover from the 1970s that featured the beautiful Cheryl Tiegs. Is she still modeling?

—L. Alexander, Rocky Mount, N.C.

Now 58, "supermodel" Tiegs made the first of her three appearances on *Sports Illustrated's* famous annual swimsuit covers in 1970, and she "returned to her roots" by posing for the magazine's 40th anniversary swimsuit edition earlier this year. "You would think that one of these days I would hang up my swimsuit!" she says. You can assume she wears something more business-like when promoting her new line of Ageless Woman beauty products, which she says incorporates her own personal skin-care secrets.

* Cover photo of Canyon de Chelly by Media Bakery



Supermodel Cheryl Tiegs

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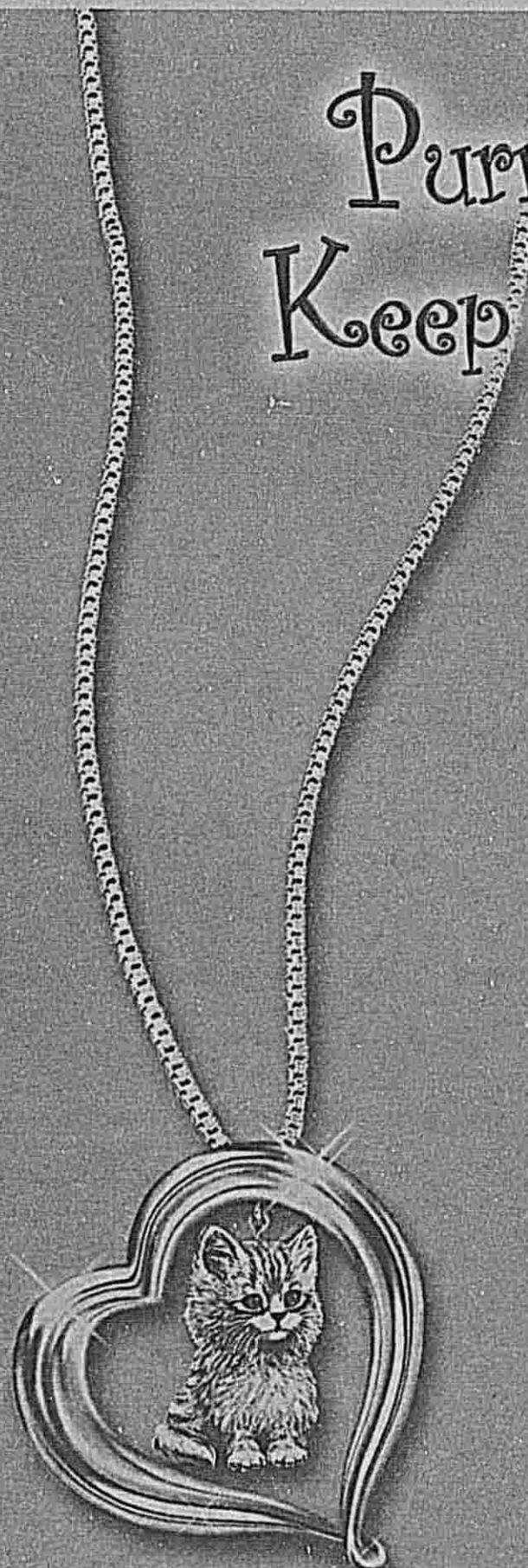
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Cover Story

by MICHAEL NOLAN

Photo: Media Bakery

Our National Monuments

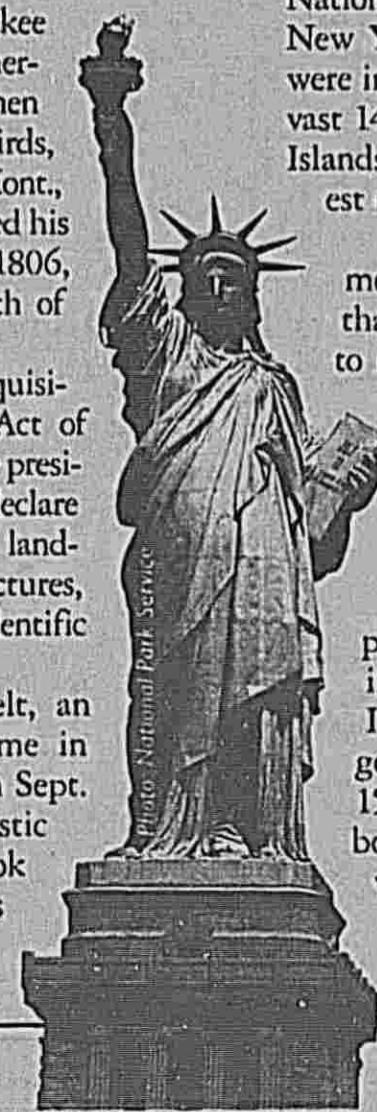
Celebrating a century of treasured landmarks

You find them in both major metropolitan areas and some of the most remote corners of the country. They protect canyons and craters, redwood forests and vast deserts. They commemorate natural disasters and mankind's accomplishments. They're national monuments, diverse parcels of land all across the country that preserve both pristine lands and the ruins of ancient civilizations.

From the heights of Mount St. Helens in Washington state to the underwater splendor of Buck Island Reef in the Virgin Islands, from Effigy Mounds in rural Allamakee County, Iowa, where prehistoric American Indians built ceremonial earthen mounds in the shape of bears and birds, to Pompeys Pillar near Billings, Mont., where explorer William Clark carved his name in the sandstone mesa in 1806, these sanctuaries represent a wealth of American treasures.

The precedent for such land acquisition came with the Antiquities Act of 1906, when Congress entrusted the president with discretionary power "to declare by public proclamation historic landmarks, historic and prehistoric structures, and other objects of historic or scientific interest" as national monuments.

President Theodore Roosevelt, an avid conservationist, lost no time in exercising his new authority. On Sept. 24, 1906, he set aside the majestic monolith Devils Tower in Crook County, Wyo., as the nation's first national monument.



Devils Tower was the first national monument, designated by President Theodore Roosevelt on Sept. 24, 1906.

Antiquities Act centennial

Now as the nation celebrates 100 years of the Antiquities Act, scores of national monuments are found in 28 states and encompass some 240,000 square miles, roughly the size of the states of Colorado and Montana.

They range in size from African Burial Ground National Monument, a 15,000-square-foot site in New York City where enslaved and free Africans were interred between the 1690s and 1790s, to the vast 140,000-square-mile Northwestern Hawaiian Islands National Monument, the newest and largest marine sanctuary in the world.

Among the most popular national monuments is the Statue of Liberty, where more than 5 million visitors arrive annually by ferry to meet the Lady of the Harbor. A gift from

France dedicated in 1886, the statue was designated a national monument by President Coolidge in 1924.

With its urban setting, Lady Liberty couldn't be more antithetical to Scotts Bluff National Monument, situated on a lonely prairie in western Nebraska, where a towering 800-foot buttress known to the Plains Indians as *Ma-a-pa-te*, or "hill that is hard to go around," dominates the horizon. More than 150 years ago, it was a landmark to westward-bound travelers on the Oregon Trail. Today, visitors to the 3,000-acre spread are rewarded with the same spectacular views of the

Great Plains as witnessed generations ago, as well as a visitor's center that explores American Indian and pioneer life and the geology of the land.

St. Augustine, Fla., long has billed itself as "the oldest city in America." The city's most conspicuous testament to that claim is Castillo de San Marcos National Monument, a stone fortress completed in 1695 by the Spanish empire. A favorite of tourists, the fortification draws more than a million visitors a year, while only 14 miles south of St. Augustine stands a lesser-known remnant of Spanish dominion. The centerpiece of Fort Matanzas National Monument, accessible by a free ferry, was built between 1740 and 1742 and marks Spain's last effort to ward off Britain's advances from the north.

Built as a Spanish fortress, Castillo de San Marcos today is a national monument in St. Augustine, Fla.





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Steve Schmorleitz, of Citrus Heights, Calif., enjoys photographing national monuments.

Monument management

A patchwork of federal agencies supervises the operation and protection of national monuments, including the National Park Service, Bureau of Land Management, U.S. Forest Service and U.S. Fish and Wildlife Service.

"The presidential proclamation that establishes a national monument designates which agency will manage the monument," says Peter Mali of the National Landscape Conservation System, an initiative of the BLM.

U.S. presidents have created 124 national monuments while Congress has added 38 to the total. However, through the years, some shifts in designation and administration have taken place; for example, Grand Canyon National Monument, dedicated in 1908, was converted to a national park in 1919.

Because the intent is for monuments to be enjoyed by the nation's citizens, costs are kept to a minimum. Many monuments have no entrance fee and none exceeds \$12 per person.

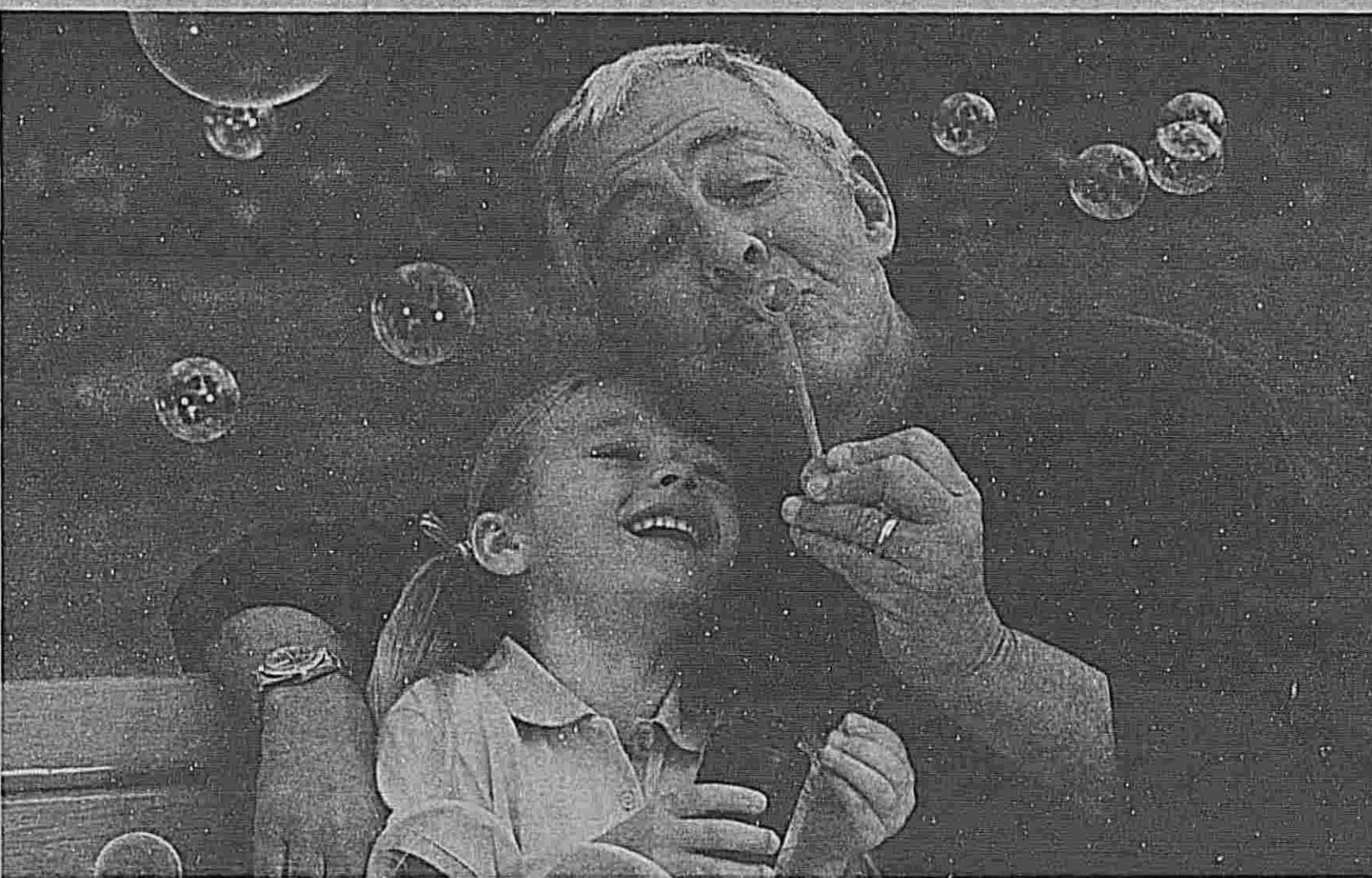
Financial planner Steve Schmorleitz, of Citrus Heights, Calif., is so enamored with America's treasures that he created the website www.nationalparklover.com to showcase his photography and the natural beauty of the country.

"I've been to every national monument west of the Rockies and many others as well," Schmorleitz says. Among his favorites are Bandelier National Monument near Santa Fe, N.M., and Canyon de Chelly National Monument in northeastern Arizona. "Both really represent the national monument as it was set out to be. They both represent history and natural beauty."

Bandelier is home to a host of ancient ruins including freestanding structures made of stone and mud as well as the homes of cliff dwellers who lived in the canyon walls of the Jemez Mountains.

(Continued on page 6)

If you have COPD associated with chronic bronchitis, ADVAIR® helps you breathe easier*



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Please see accompanying important information about ADVAIR DISKUS 250/50.

ADVAIR DISKUS 100/50, 250/50, 500/50 (fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

What Is the most important information I should know about ADVAIR DISKUS?

In patients with asthma, long-acting beta-agonist medicines such as salmeterol (one of the medications in ADVAIR[®]) may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. So ADVAIR is not for patients whose asthma is well controlled on another asthma controller medicine such as low- to medium-dose inhaled corticosteroids or only need a fast-acting inhaler once in a while. Talk with your doctor about this risk and the benefits of treating your asthma with ADVAIR.

ADVAIR should not be used to treat a severe attack of asthma or chronic obstructive pulmonary disease (COPD) requiring emergency medical treatment.

ADVAIR should not be used to relieve sudden symptoms or sudden breathing problems. Always have a fast-acting inhaler with you to treat sudden breathing difficulty. If you do not have a fast-acting inhaler, contact your doctor to have one prescribed for you.

What Is ADVAIR DISKUS?

There are two medicines in ADVAIR: fluticasone propionate, an inhaled anti-inflammatory belonging to a group of medicines commonly referred to as corticosteroids; and salmeterol, a long-acting, inhaled bronchodilator belonging to a group of medicines commonly referred to as beta-agonists. There are 3 strengths of ADVAIR: 100/50, 250/50, 500/50.

For Asthma

- ADVAIR is approved for the maintenance treatment of asthma in patients 4 years of age and older. ADVAIR should only be used if your doctor decides that another asthma controller medicine alone does not control your asthma or that you need 2 asthma controller medications.
- The strength of ADVAIR approved for patients ages 4 to 11 years who experience symptoms on an inhaled corticosteroid is ADVAIR DISKUS 100/50. All 3 strengths are approved for patients with asthma ages 12 years and older.

For COPD associated with chronic bronchitis

ADVAIR 250/50 is the only approved dose for the maintenance treatment of airflow obstruction in patients with COPD associated with chronic bronchitis. The benefit of using ADVAIR for longer than 6 months has not been evaluated. The way anti-inflammatories work in the treatment of COPD is not well defined.

Who should not take ADVAIR DISKUS?

You should not start ADVAIR if your asthma is becoming significantly or rapidly worse, which can be life threatening. Serious respiratory events, including death, have been reported in patients who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events. This may also occur in patients with less severe asthma.

You should not take ADVAIR if you have had an allergic reaction to it or any of its components (salmeterol, fluticasone propionate, or lactose). Tell your doctor if you are allergic to ADVAIR, any other medications, or food products. If you experience an allergic reaction after taking ADVAIR, stop using ADVAIR immediately and contact your doctor. Allergic reactions are when you experience one or more of the following: choking; breathing problems; swelling of the face, mouth and/or tongue; rash; hives; itching; or welts on the skin.

Tell your doctor about the following:

- If you are using your fast-acting inhaler more often or using more doses than you normally do (e.g., 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row or a whole canister of your fast-acting inhaler in 8 weeks' time), it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately.
- If you have been using your fast-acting inhaler regularly (e.g., four times a day). Your doctor may tell you to stop the regular use of these medications.
- If your peak flow meter results decrease. Your doctor will tell you the numbers that are right for you.
- If you have asthma and your symptoms do not improve after using ADVAIR regularly for 1 week.
- If you have been on an oral steroid, like prednisone, and are now using ADVAIR. You should be very careful as you may be less able to heal after surgery, infection, or serious injury. It takes a number of months for the body to recover its ability to make its own steroid hormones after use of oral steroids. Switching from an oral steroid may also unmask a condition previously suppressed by the oral steroid such as allergies, conjunctivitis, eczema, arthritis, and eosinophilic conditions. Symptoms of an eosinophilic condition can include rash, worsening breathing problems, heart complications, and/or feeling of "pins and needles" or numbness in the arms and legs. Talk to your doctor immediately if you experience any of these symptoms.
- Sometimes patients experience unexpected bronchospasm right after taking ADVAIR. This condition can be life threatening and if it occurs, you should immediately stop using ADVAIR and seek immediate medical attention.
- If you have any type of heart disease such as coronary artery disease, irregular heart beat or high blood pressure, ADVAIR should be used with caution. Be sure to talk with your doctor about your condition because salmeterol, one of the components of ADVAIR, may affect the heart by increasing heart rate and blood pressure. It may cause symptoms such as heart fluttering, chest pain, rapid heart rate, tremor, or nervousness.
- If you have seizures, overactive thyroid gland, liver problems, or are sensitive to certain medications for breathing.
- If your breathing problems get worse over time or if your fast-acting inhaler does not work as well for you while using ADVAIR. If your breathing problems worsen quickly, get emergency medical care.
- If you have been exposed to or currently have chickenpox or measles or if you have an immune system problem. Patients using medications that weaken the immune system are more likely to get infections than healthy individuals. ADVAIR contains a corticosteroid (fluticasone propionate) which may weaken the immune system. Infections like chickenpox and measles, for example, can be very serious or even fatal in susceptible patients using corticosteroids.

How should I take ADVAIR DISKUS?

ADVAIR should be used 1 inhalation, twice a day (morning and evening). ADVAIR should never be taken more than 1 inhalation twice a day. The full benefit of taking ADVAIR may take 1 week or longer.

If you miss a dose of ADVAIR, just skip that dose. Take your next dose at your usual time. Do not take two doses at one time.

Do not stop using ADVAIR unless told to do so by your doctor because your symptoms might get worse.

Do not change or stop any of your medicines used to control or treat your breathing problems. Your doctor will adjust your medicines as needed.

When using ADVAIR, remember:

- Never breathe into or take the DISKUS[®] apart.
- Always use the DISKUS in a level position.
- After each inhalation, rinse your mouth with water without swallowing.
- Never wash any part of the DISKUS. Always keep it in a dry place.
- Never take an extra dose, even if you feel you did not receive a dose.
- Discard 1 month after removal from the foil overwrap.
- Do not use ADVAIR with a spacer device.

Children should use ADVAIR with an adult's help as instructed by the child's doctor.

Can I take ADVAIR DISKUS with other medications?

Tell your doctor about all the medications you take, including prescription and nonprescription medications, vitamins, and herbal supplements.

If you are taking ADVAIR, you should not take SEREVENT[®] DISKUS or Foradil[®] Aerolizer[®] for any reason.

If you take ritonavir (an HIV medication), tell your doctor. Ritonavir may interact with ADVAIR and could cause serious side effects. The anti-HIV medicines Norvir[®] Soft Gelatin Capsules, Norvir Oral Solution, and Kaletra[®] contain ritonavir.

No formal drug interaction studies have been performed with ADVAIR.

In clinical studies, there were no differences in effects on the heart when ADVAIR was taken with varying amounts of albuterol. The effect of using ADVAIR in patients with asthma while taking more than 9 puffs a day of albuterol has not been studied.

ADVAIR should be used with extreme caution during and up to 2 weeks after treatment with monoamine oxidase (MAO) inhibitors or tricyclic antidepressants since these medications can cause ADVAIR to have an even greater effect on the circulatory system.

ADVAIR should be used with caution in people who are taking ketoconazole (an antifungal medication) or other drugs broken down by the body in a similar way. These medications can cause ADVAIR to have greater steroid side effects.

Generally, people with asthma should not take beta-blockers because they counteract the effects of beta-agonists and may also cause severe bronchospasm. However, in some cases, for instance, following a heart attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made worse by ADVAIR, especially at higher-than-recommended doses. Caution should be used when these drugs are used together.

In clinical studies, there was no difference in side effects when ADVAIR was taken with methylxanthines (e.g., theophylline) or with FLONASE[®].

What are other important safety considerations with ADVAIR DISKUS?

Osteoporosis: Long-term use of inhaled corticosteroids may result in bone loss (osteoporosis). Patients who are at risk for increased bone loss (tobacco use, advanced age, inactive lifestyle, poor nutrition, family history of osteoporosis, or long-term use of drugs such as corticosteroids) may have a greater risk with ADVAIR. If you have risk factors for bone loss, you should talk to your doctor about ways to reduce your risk and whether you should have your bone density evaluated.

Glaucoma and cataracts: Glaucoma, increased pressure in the eyes, and cataracts have been reported with the use of inhaled steroids, including fluticasone propionate, a medicine contained in ADVAIR. Regular eye examinations should be considered if you are taking ADVAIR.

Lower respiratory tract infection: Lower respiratory tract infections, including pneumonia, have been reported with the use of inhaled corticosteroids, including ADVAIR.

Blood sugar: Salmeterol may affect blood sugar and/or cause low blood potassium in some patients, which could lead to a side effect like an irregular heart rate. Significant changes in blood sugar and blood potassium were seen infrequently in clinical studies with ADVAIR.

Growth: Inhaled steroids may cause a reduction in growth velocity in children and adolescents.

Steroids: Taking steroids can affect your body's ability to make its own steroid hormones, which are needed during infections and times of severe stress to your body, such as an operation. These effects can sometimes be seen with inhaled steroids (but it is more common with oral steroids), especially when taken at higher-than-recommended doses over a long period of time. In some cases, these effects may be severe. Inhaled steroids often help control symptoms with less side effects than oral steroids.

Yeast infections: Patients taking ADVAIR may develop yeast infections of the mouth and/or throat ("thrush") that should be treated by their doctor.

Tuberculosis or other untreated infections: ADVAIR should be used with caution, if at all, in patients with tuberculosis, herpes infections of the eye, or other untreated infections.

What are the other possible side effects of ADVAIR DISKUS?

ADVAIR may produce side effects in some patients. In clinical studies, the most common side effects with ADVAIR included:

- | | | |
|--------------------------------|-----------------------|------------------------------------|
| • Respiratory Infections | • Bronchitis | • Musculoskeletal pain |
| • Throat irritation | • Cough | • Dizziness |
| • Hoarseness | • Headaches | • Fever |
| • Sinus infection | • Nausea and vomiting | • Ear, nose, and throat infections |
| • Yeast infection of the mouth | • Diarrhea | • Nosebleed |

Tell your doctor about any side effect that bothers you or that does not go away. These are not all the side effects with ADVAIR. Ask your doctor or pharmacist for more information.

What if I am pregnant, planning to become pregnant, or nursing?

Talk to your doctor about the benefits and risks of using ADVAIR during pregnancy, labor, or if you are nursing. There have been no studies of ADVAIR used during pregnancy, labor, or in nursing women. Salmeterol is known to interfere with labor contractions. It is not known whether ADVAIR is excreted in breast milk, but other corticosteroids have been detected in human breast milk. Fluticasone propionate, like other corticosteroids, has been associated with birth defects in animals (e.g., cleft palate and fetal death). Salmeterol showed no effect on fertility in rats at 180 times the maximum recommended daily dose.

What other important tests were conducted with ADVAIR?

There is no evidence of enhanced toxicity with ADVAIR compared with the components administered separately. In animal studies with doses much higher than those used in humans, salmeterol was associated with uterine tumors. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests may mean to your safety.

For more information on ADVAIR DISKUS

This page is only a brief summary of important information about ADVAIR DISKUS. For more information, talk to your doctor. You can also visit www.ADVPAIR.com or call 1-888-825-5249. Patients receiving ADVAIR DISKUS should read the medication guide provided by the pharmacist with the prescription.

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(Continued from page 5)



Canyon de Chelly recalls two Indian civilizations, the prehistoric-era Anasazi and the Navajo, who have dwelt amid the stunning sandstone spires and sheer red cliffs for centuries.

People who prefer greenery in their visual diet enjoy trekking through Muir Woods National Monument 12 miles north of San Francisco. "This is the best tree-lovers monument that could possibly be found in all the forests of the world," declared conservationist John Muir of the coastal redwood forest that now bears his name.

Ancient redwood trees tower overhead at Muir Woods National Monument in California.





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Photo: National Park Service
Sailors explore the waters of Buck Island Reef, a national monument in the U.S. Virgin Islands.

Whether you like biking, hiking, driving, scuba diving, or just roaming through the air-conditioned comfort of an information-laden visitor's center, there's a national monument beckoning you to join in the centennial celebration. ☺

Michael Nolan is a freelance writer in Nashville, Tenn.

Here are a few websites to begin your quest to a national monument:
www.cr.nps.gov/archeology/sites/antiquities
www.blm.gov/nlcs/monuments
www.fws.gov
www.fs.fed.us

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Indeed, walking among towering ancient trees, which measure more than 300 feet tall and 30 feet in diameter, is awe-inspiring, while a glimpse of the forest floor reveals a lush green carpet of trillium and horsetail ferns.

If you like to explore without concern for the weather, go underground at Jewel Cave National Monument, near Custer, S.D. Recognized as the third longest cave in the world, its crystalline chambers sparkle in tones of bronze, purple, gray and pink.

For an entirely different spelunking expedition, visit Russell Cave National Monument near Bridgeport, Ala. Formed of limestone, the caverns were inhabited by prehistoric people for more than 8,000 years. The educational experience includes a walk through a pristine forest and living history exhibits that reconstruct daily life of the ancient cave dwellers.

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In 1962, John Rice Irwin attended an estate auction near his home in Norris, Tenn. (pop. 1,446), where he watched as a family's heirlooms were sold piece by piece. One buyer boasted that an old cedar butter churn would make a fine lamp. Another buyer vowed to turn a wagon seat into a coffee table.

Irwin was horrified. He knew the stories behind these artifacts, and he knew how quickly their history was being lost. "Things mean little when they are separated from their history," says Irwin, 75.

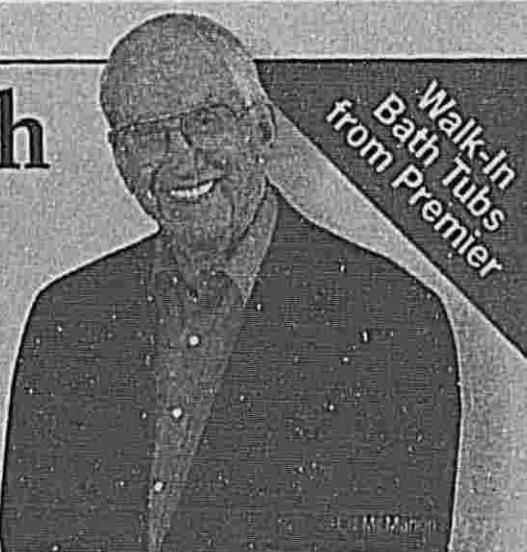
So during his time away from working as a school superintendent, Irwin trekked over hills and through hollows buying and preserving relics and the stories behind them. Before long, curious visitors began stopping by his garage to see the items and hear their stories.

"When I was little, our garage was filled from floor to ceiling with artifacts he had collected," says Irwin's daughter, Elaine Irwin Meyer, with a laugh. "I didn't know for many years that garages were used for cars."

By the late 1960s, Irwin's garage had reached capacity. That's when he and his wife, Elizabeth, opened

Founder John Rice Irwin (left) picks with Ted Wyrick.

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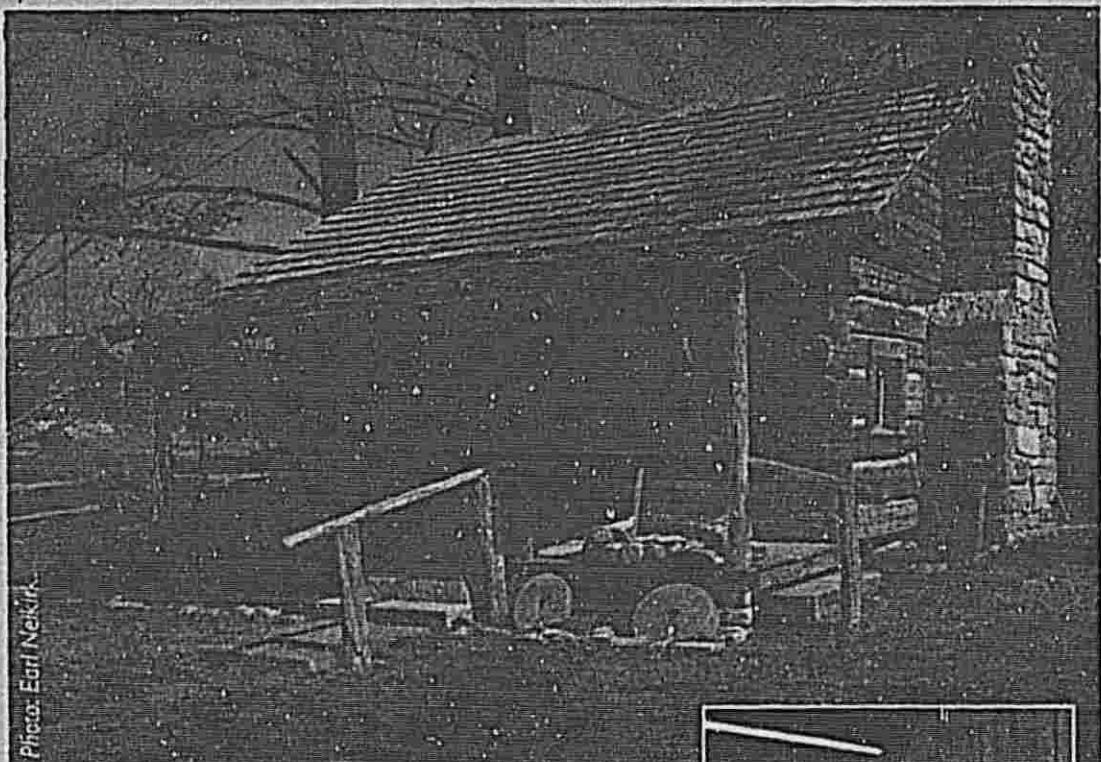
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The Mark Twain Family Cabin is a popular attraction at the 65-acre Museum of Appalachia in Norris, Tenn.



The Display Barn houses pioneer memorabilia, such as wood-carved folk art (above). the Museum of Appalachia, housed in a log building on a two-acre plot next to his home. Today, the museum attracts more than 100,000 visitors annually and has grown to 65 acres with dozens of authentic log structures and thousands of items—most of them with their stories collected and written down by Irwin, of course.

Cattle, horses, mules, goats, sheep and farm fowl roam the grounds, re-creating an old Appalachian homestead, while musicians often sit on a cabin's front porch singing songs like "Old Joe Clark." Most of the rustic structures were saved from demolition and moved from within a 200-mile radius of the museum.

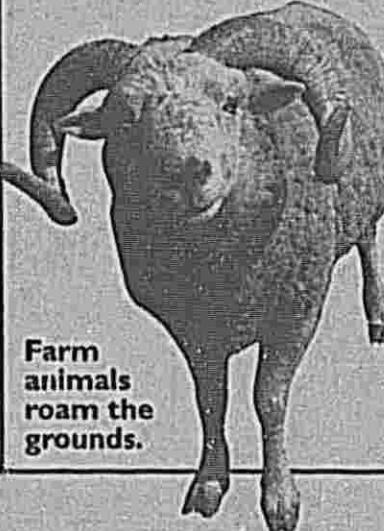
In fact, the Mark Twain Family Cabin was moved from Possum Trot, Tenn., where Twain's parents and some of his siblings had lived. "Mark Twain was born five months after the family left here in 1835," Irwin says. The cabin itself was bound for destruction until Irwin purchased it and had it dismantled and re-assembled at the museum. "It's a shame that so many fascinating and meaningful stories are already gone," he says.

Fortunately, Irwin has saved thousands of stories and artifacts. Take for example, Gol Cooper's glass eye and a penknife on display at the museum. In 1910, young Cooper was tying his shoe and had an opened penknife in his hand. He was stooped over, pulling tight the string when it broke, thrusting the knife blade through his eye.

"Gol's father had an eye made for him and he wore one until he died in 1979," Irwin says. The eye and the knife, along with the story, were given to the museum by Cooper's daughter.

The museum also displays miniature carpentry and farming tools carved by Bill Henry of Oak Ridge, Tenn. (pop. 27,387). A self-taught whittler, the 76-year-old says it's an honor to have his work preserved at the museum. "It's an incredible place," Henry says. "If I would hazard a guess, I would say that 75 percent of what's in that museum would be long gone if it weren't for John Rice. He's a dreamer, but he's a dreamer that makes things come through."

(Continued on page 9)



Farm animals
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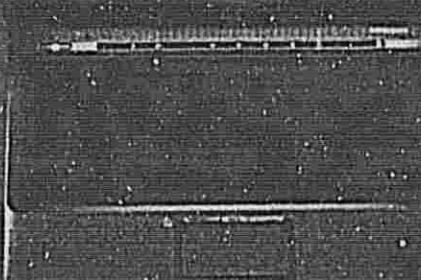


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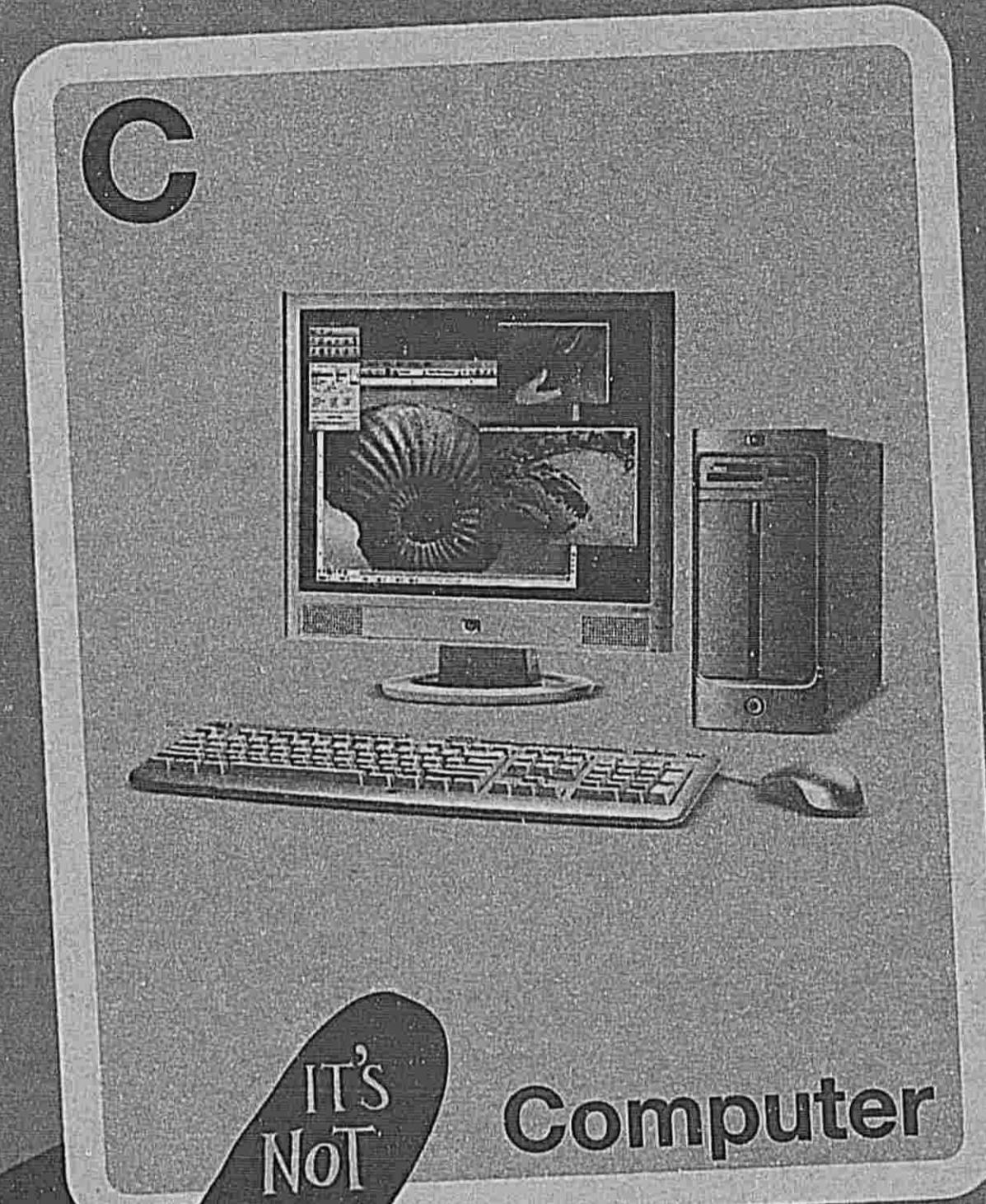


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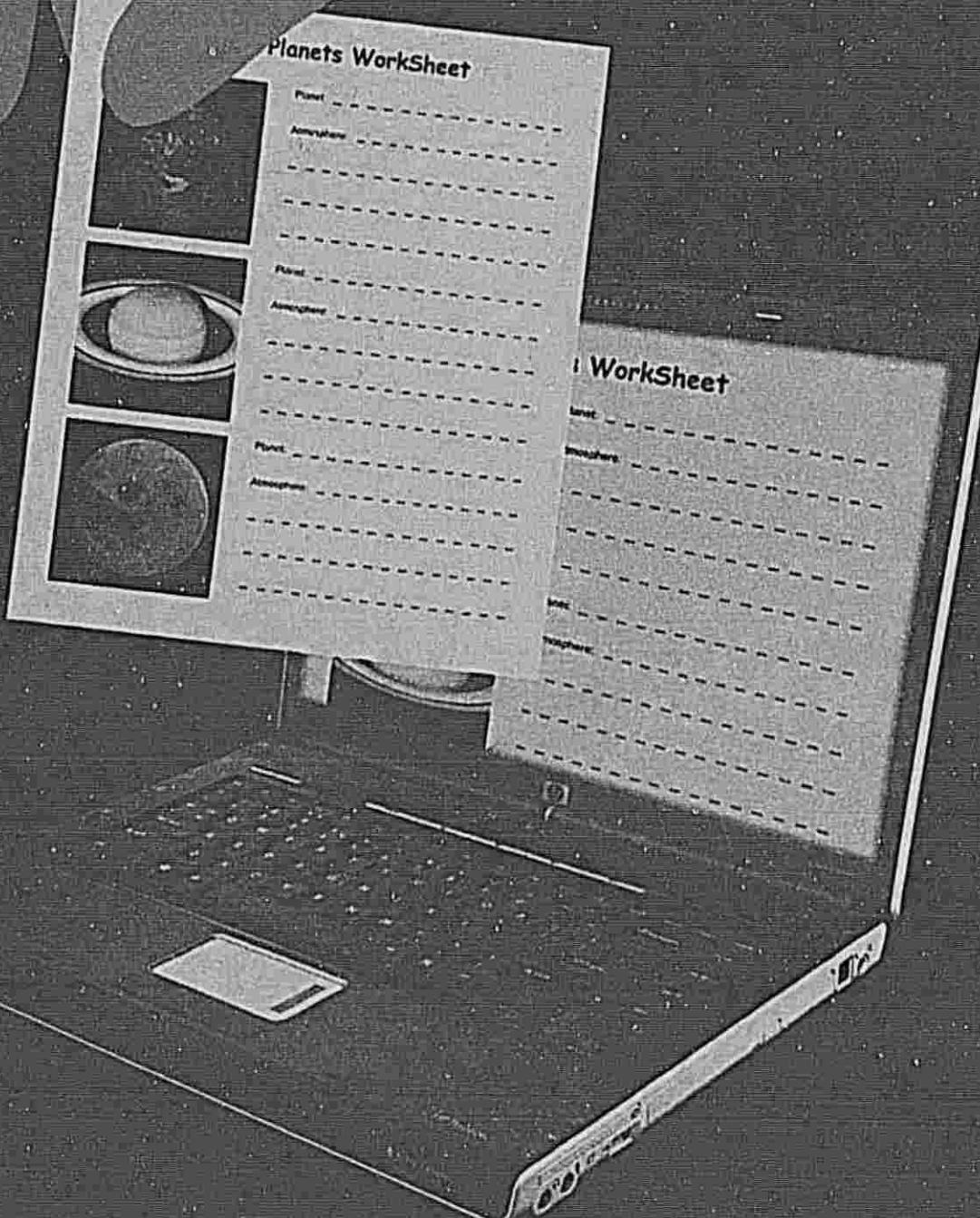
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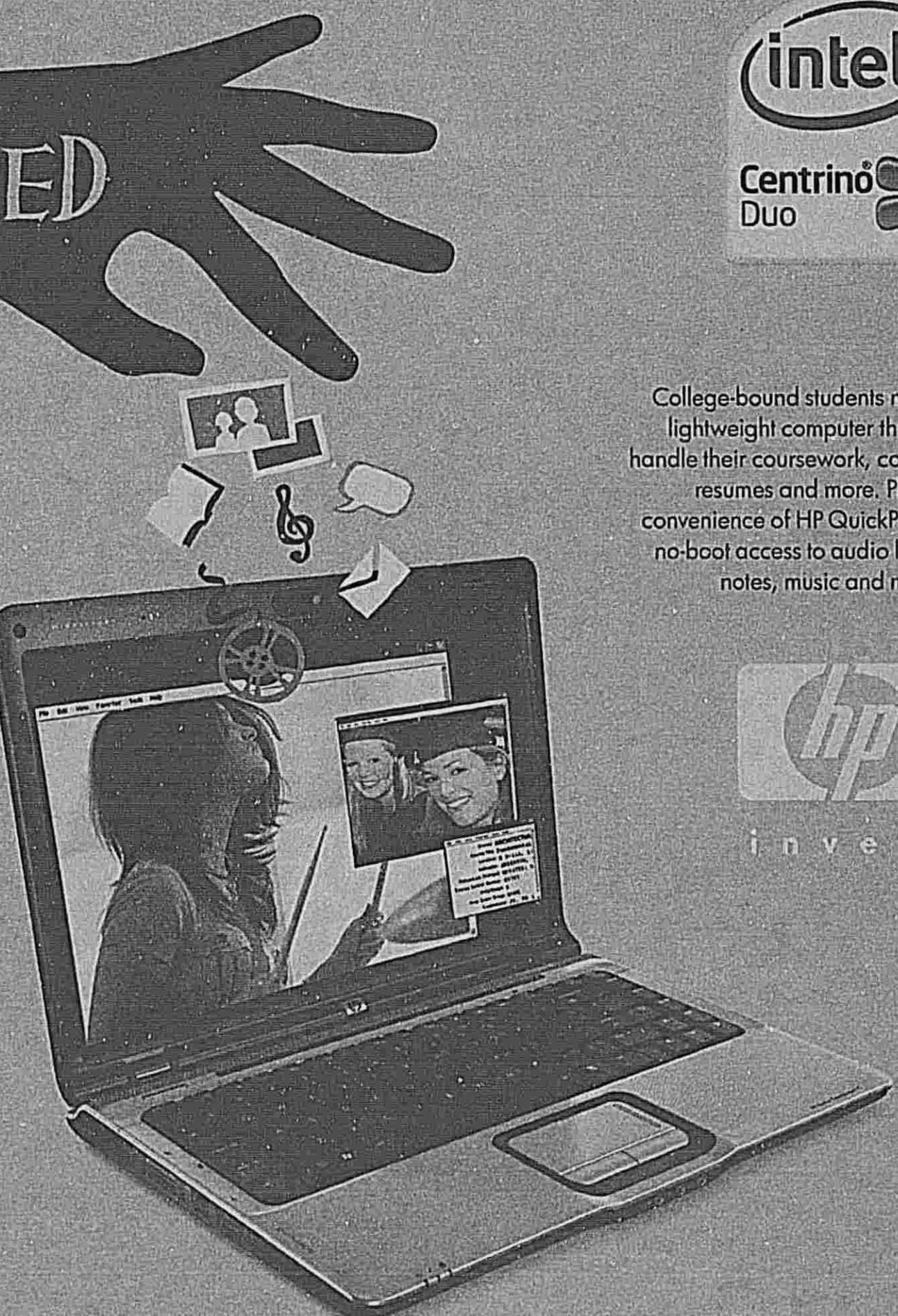
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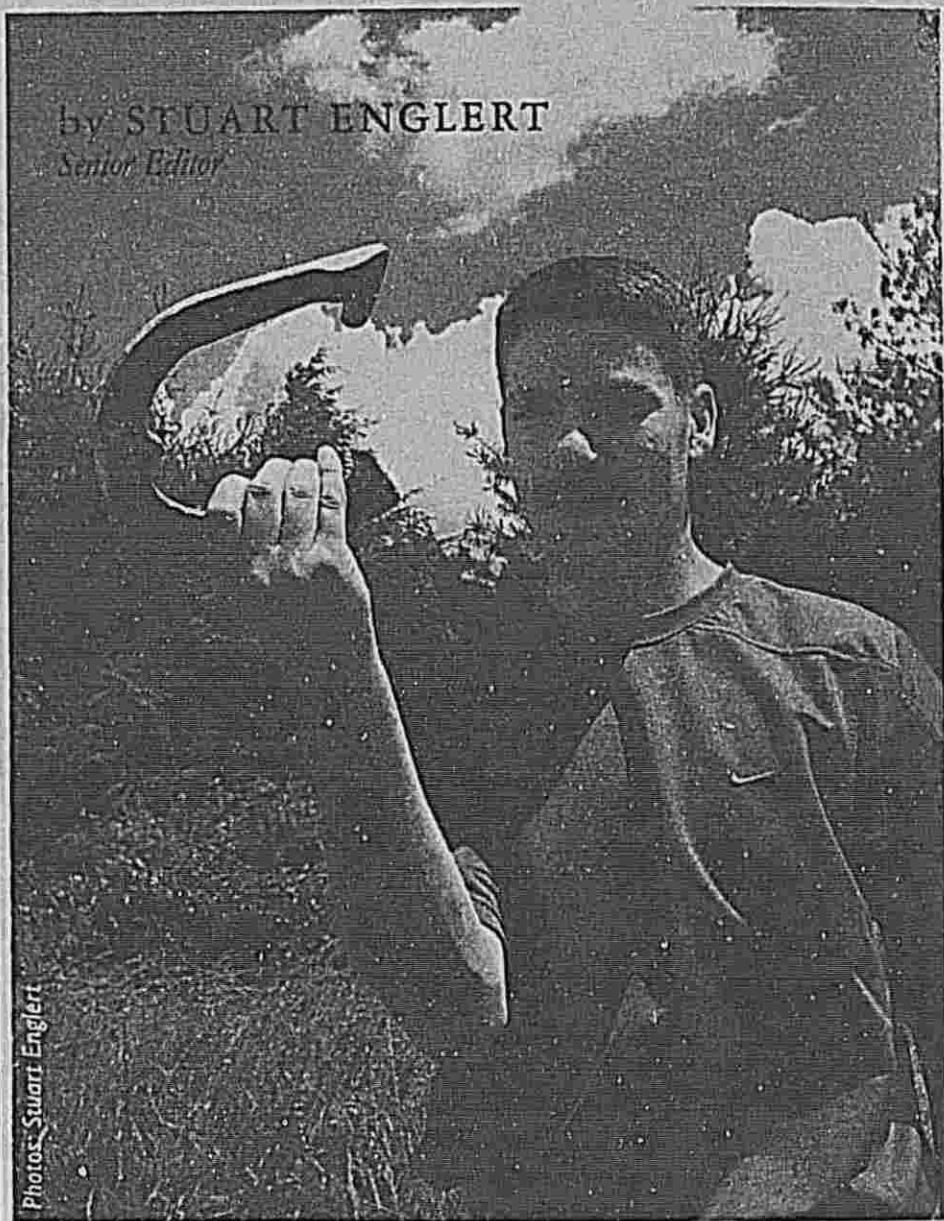


A horseshoe duo

Alan Francis, of Defiance, Ohio, stares intently 40 feet across a concrete floor at his target, a metal stake driven into a clay-filled pit. With a single, poised step, he tosses a 2-pound, 8-ounce horseshoe and, as with most of his throws, the shoe clangs on the stake . . . another dead ringer.

By the end of the game, Francis has soundly defeated his opponent, landing 39 ringers out of 40 tosses—a 97.5 percent average—and he goes on to win first place in last month's Volunteer State Open Horseshoe Tournament in Crossville, Tenn.

by STUART ENGLERT
Senior Editor



Photos: Stuart Englert

Alan Francis will pursue his 12th men's championship title during the NHPA's World Horseshoe Pitching Tournament in Gillette, Wyo.

"One of the secrets to Alan's success is his focus on the game," says Paul Stewart, president of the National Horseshoe Pitchers Association (NHPA). "Nothing seems to rattle him. He's got the mind game mastered when it comes to horseshoe pitching."

Concentration and confidence make Francis, 36, the top in his sport. He lands an average of 90 percent ringers, has won a record-setting 11 Men's World Horseshoe Champion titles since 1989 and gone undefeated in tournament play for nearly two years. During one tournament, he threw 64 consecutive ringers.

Despite his extraordinary ability and achievements, Francis is a modest champ who shakes hands and chats with each challenger. "Even his opponents like him," Stewart says. "He's a polite and humble winner."

Francis attributes his success to regular practice, perfecting a precision throwing technique and staying mentally focused in the heat of competition.

"I like competing against people who are similar in ability," he says. "But not only that, I like competing against myself to see if I can get better."

When pitching horseshoes, Francis is a wonder to watch. Spectators often shake their heads in amazement as he lands ringer after ringer. His consistency is so extraordinary that it appears his iron horseshoes are magnetically attracted to the metal stake.

His pitching prowess isn't magic, however; it's in his blood. Francis learned the game from his father while



Stepping into his pitch, Francis keeps his focus on the stake 40 feet away.

Erectile Dysfunction (ED) affects about 30 million men in the USA. The causes are varied and range from psychological reasons to health conditions. But as serious as it is, some men still compound the problem by not taking steps to deal with it. **The result – often a complete breakdown in their most intimate relationship.**

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growing up in Blythedale, Mo. (pop. 233). He began competing in tournaments at age 9 and won his first men's world championship at 19.

In 1995, Francis met his wife, Amy, an accomplished horseshoe pitcher in her own right, at the world tournament in Perry, Ga. They were married a year later, and began practicing and attending tournaments together. In 2000, both placed second in their respective division during the world championships in Bismarck, N.D.

"That's when I felt I didn't need to compete with him anymore," says Amy, 38, a three-time runner-up in the women's division.

During spring and summer, the couple pitch horseshoes three or four days a week in their back yard in Defiance (pop. 16,465). They travel to 10 tournaments around the country each year with their son, Alex, 2.

While Francis estimates he's won \$60,000 during his 27-year horseshoe career, it's not money that motivates him. His constant desire is



Photo courtesy of Crescent News, Defiance, OH

Winning trophies is customary for the champ. to pitch the perfect game of 100 percent ringers.

"I saw a sign the other day that said 'If you're through improving, you're through,'" says Francis, who works as a salesman for a commercial printing company.

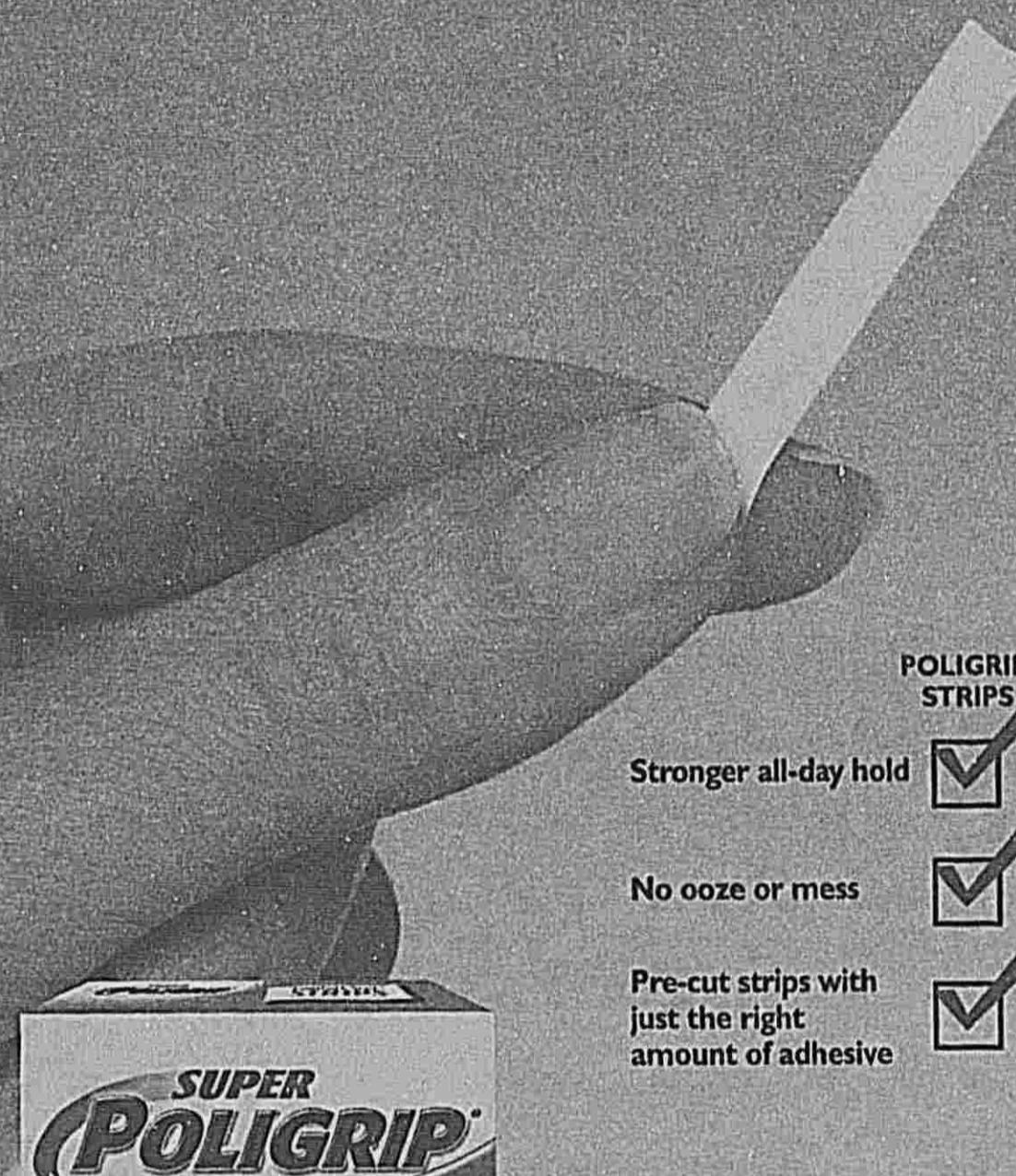
He adds: "I have a God-given talent that I shouldn't waste. I want to be as good as I can be, because I know people enjoy watching people throw ringers." ♦

The NHPA's World Horseshoe Pitching Tournament is scheduled July 10-22. For more information, visit www.horseshoepitching.com

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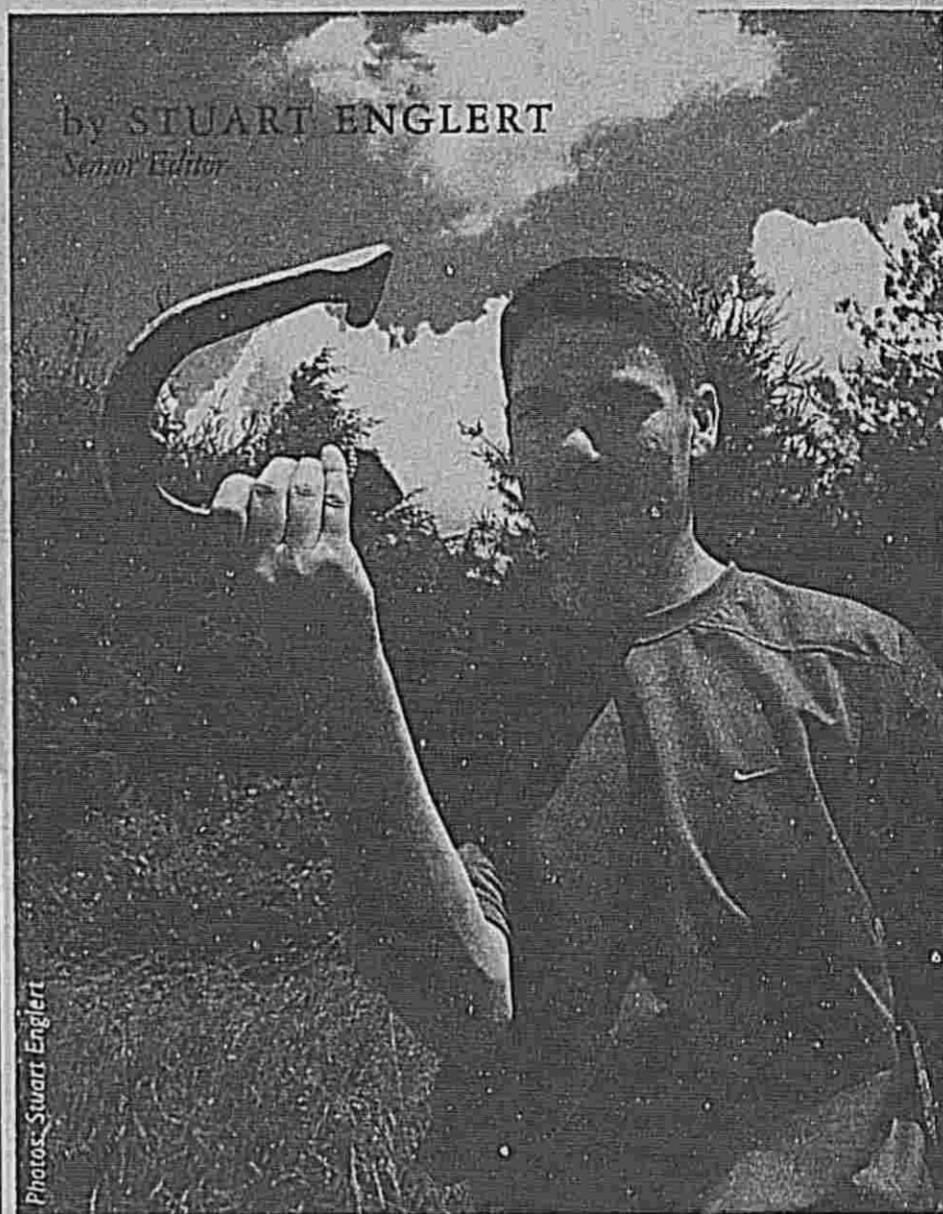


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Alan Francis will pursue his 12th men's championship title during the NHPA's World Horseshoe Pitching Tournament in Gillette, Wyo.

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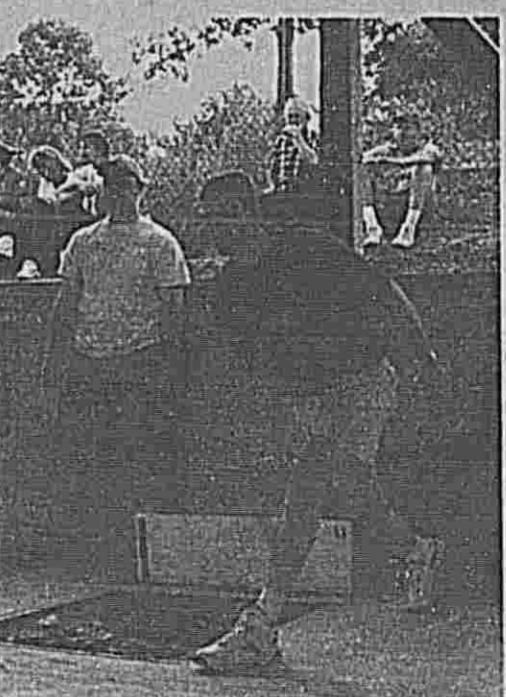
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from JENNIE MASCAREÑA

Pineapple Right-Side-Up Cake

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Photo: Mark Blugh
Styling: Teresa Blugh

RECIPE: Pineapple Right-Side-Up Cake



American Profile

Pineapple Right-Side-Up Cake

Cake:

2 eggs
1 and 1/2 cups sugar
1 teaspoon vanilla extract
1 20-ounce can crushed pineapple, divided
2 and 1/4 cups all-purpose flour
1 and 1/2 teaspoons baking soda
1/2 teaspoon salt
1/2 cup finely chopped walnuts

Glaze:

1/3 cup evaporated milk
3/4 cup confectioners' sugar
1/2 cup butter or margarine

Preheat oven to 350 degrees. Beat eggs with an electric mixer. Gradually add sugar and vanilla. Continue beating mixture until it is a lemon color. Change speed to low, and alternately add half the pineapple (undrained) and dry ingredients. Spread batter on a lightly greased 15-by-10-by-3/4-inch jelly roll pan. Sprinkle walnuts over top. Bake for 18 to 20 minutes or until top is golden brown. Pour remaining pineapple (slightly drained) over cake.

To prepare glaze, boil all ingredients 3 to 4 minutes until white and bubbly. Pour glaze over top while cake is still warm. Refrigerate for a few hours before serving. Serves 10 to 12.

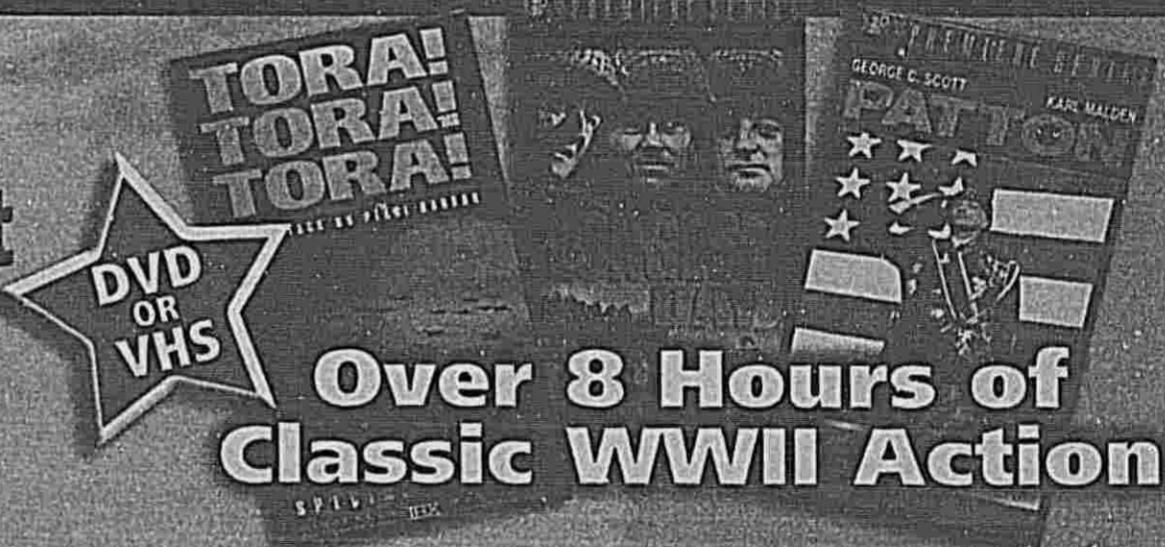
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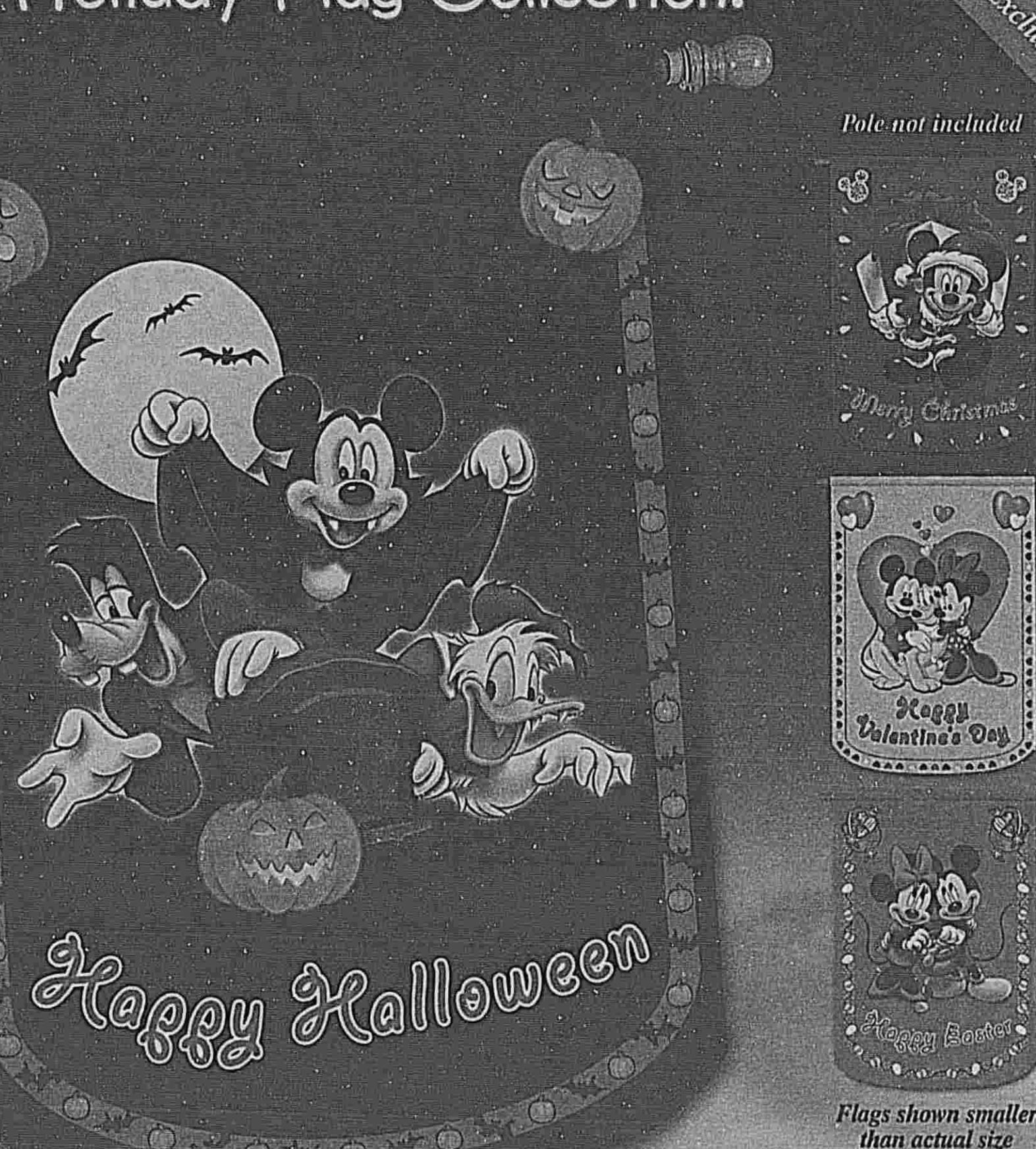
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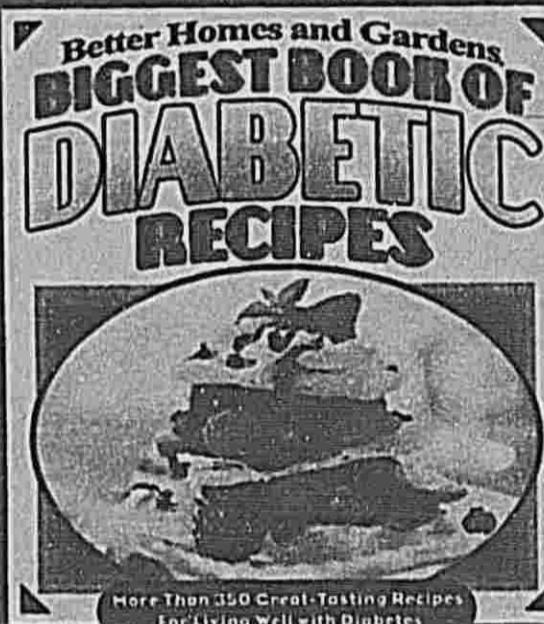
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This and That

JULY 2006

Going Organic?

Signed, "I don't know why everyone doesn't have a freezer full of peas. Why wouldn't they?" I knew right off I would like this writer. Despite all the earnest writing and controversy over what we eat, we believe food is meant to be fun. It's not rocket science and it ain't brain surgery. At *Relish* we're serious about celebrating food and all the people who make it so interesting and tasty. In this issue you'll discover a new way to cook okra and an old way to use vanilla wafers. For more not-so-serious thoughts on food, sign up for our e-newsletter and check out our website at www.relishmag.com

Jill Melton, Editor

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Assertive Arugula

Arugula, also known as rocket or Italian cress, is a bitter, peppery green with an assertive flavor. It's stronger than spinach, but can be used most any place spinach is. It's best raw in a salad or tossed in hot pasta until just wilted. We love it in a salad with dried cranberries, almonds, oil and vinegar, in a ham sandwich in lieu of lettuce or tossed on pizza.

Club for Carnivorous Gals

The carnivore-loving clique of Vanessa Dina, Kristina Fuller and Gemma DiPalma has created an über-girly tribute to the holy trinity of barnyard beasts—the cow, pig and lamb—"for girls who love their meat." In *The Meat Club Cookbook* (Chronicle Books, \$18.95, www.chroniclebooks.com), they've compiled inspiring and easy-to-make recipes—many of them updated classics you know and love—from Slow-Lovin' Beef Brisket and Love Me Tender Pork Tenderloin to Tarted-Up Lamb Steaks with Cherries (visit www.relishmag.com for the recipes). With a stiletto-clad pink cow on the cover, clever writing and fold-out identification charts on meat cuts, this book shows that meat isn't just for men. Grill not included.—Charyn Pfeuffer



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Nibble on This

Whether it's an obsession with cured meats or baking a classic Red Velvet cake, food blogs leave no culinary stone unturned. Unlike typical food writing, most blogs (short for "web log") are a labor of love for nonprofessional writers who want an outlet for their culinary escapades. According to a recent survey by the Pew Internet & American Life Project, about 9 percent of Internet users have created blogs and about 10 percent of them deal with food. While there are thousands of food-related blogs, here are several notable for both their award-winning content and recognition among fellow foodies.

- **Accidental Hedonist**

www.accidentalhedonist.com

A mix of food politics, cooking tips, culinary news and recipes. A pioneer in the food blogging world, Seattle writer Kate Hopkins launched the Food Blog Awards in 2004.

- **Amateur Gourmet**

www.amateurgourmet.com

Want a belly full of laughs? Profiles of weird fruits, a play about anchovies and a FoodNetwork marathon are all in a day's work for author Adam Roberts, winner of the 2005 Food Blog Award for humor.

- **Chocolate & Zucchini**

www.chocolateandzucchini.com

Paris-based Clotilde Dusoulier recounts her culinary adventures, complete with recipes, product finds, restaurant recommendations and gorgeous photos.

- **Orangette**

orangette.blogspot.com

Winner of the 2005 Food Blog Awards, Molly Wizenberg chronicles everything from the heartbreak of a bad recipe (with the photos to prove it) to the joy of a perfectly roasted chicken. Log in for her tested recipes.

- **The Travelers Lunchbox**

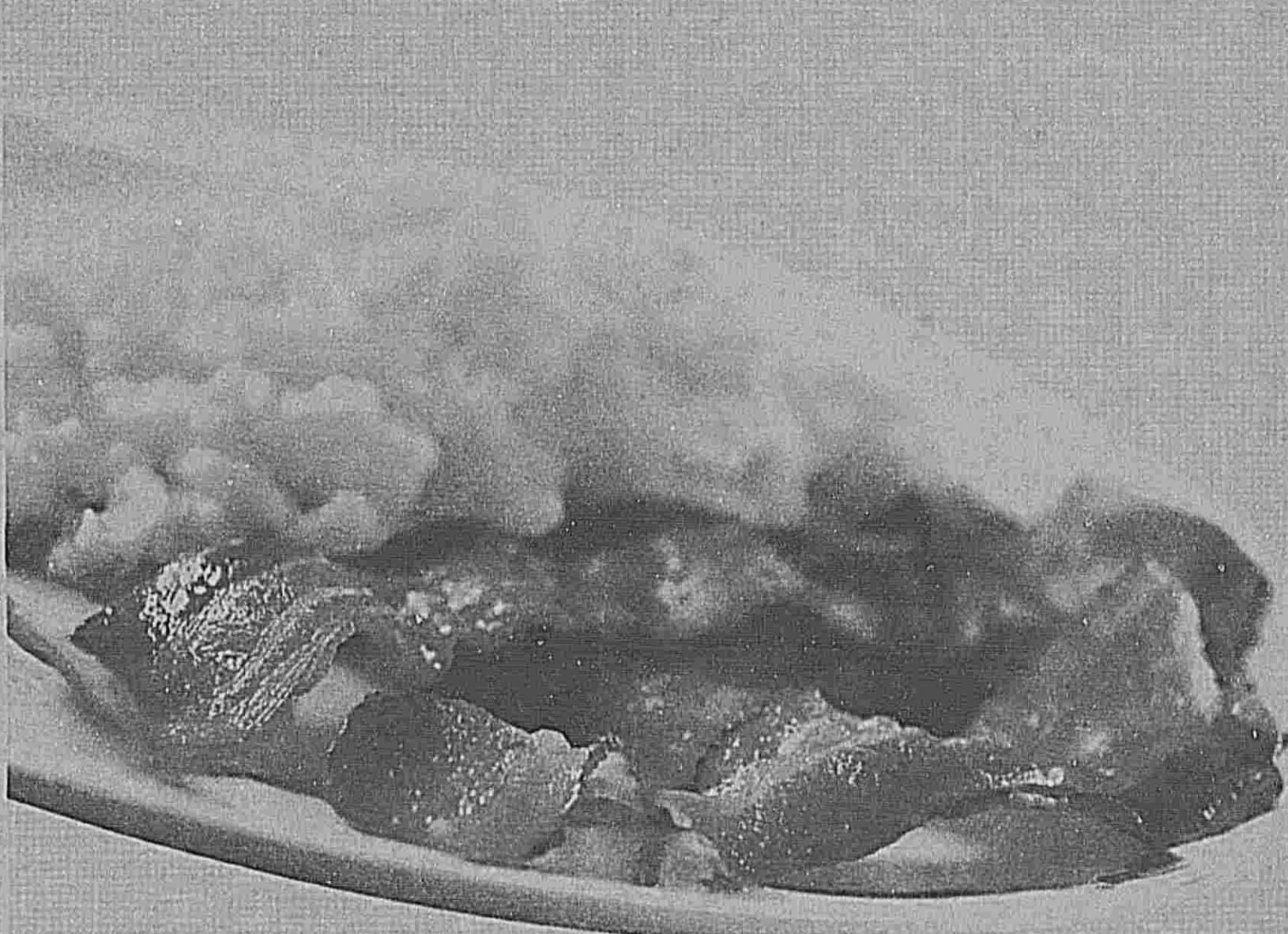
www.travelerslunchbox.com

Combining wanderlust, remarkable photography and delicacies from around the world (Georgian cheesebread, anyone?), this site is particularly appealing to armchair travelers.

Hungry for more? Visit www.TheFoodSection.com or www.TastingMenu.com for original writing plus links to hundreds of other delicious sites.—Sacha Cohen. ♦

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Pod Luck

Okra lovers are assumed to have developed their passion for the pods via regional osmosis: "We're from the South; of course we love okra." Not true. In fact, most Southern treatments of the oft-maligned vegetable could be construed as a deliberate effort to ensure no one will ever like it. Overcooked in tomato-based stews to bring out its slimy texture; pickled in vinegar to give it all the appeal of a rubber eraser; deep-fried to obscure any hints of greenness—is it any wonder okra suffers such ignominy?

I grew up loving okra in spite of the brutalities heaped upon it by cooks back home in Texas. As a chef, I have what I think is the perfect way to cook okra—which is much like any other green vegetable. I give it a quick pan sauté in a hot skillet. Timing is essential, as a couple minutes too long will encourage the unappealing stringy quality. What comes out is a crisp, green, crunchy, yet tender green vegetable that is the essence of summer. ♦

By David Feder, a writer and chef living in Buffalo Grove, Ill.

Pappardelle Pasta with Okra

Flat, long, wide pappardelle is perfect in this dish, but fettuccine works fine too. You can use most any fresh herb in this simple dish.

- 6 ounces dried pappardelle noodles
- 2 tablespoons olive oil
- ¾ pound fresh okra
- ¼ cup chopped fresh chervil or basil leaves
- ¼ cup lower-sodium chicken broth
- ½ teaspoon kosher salt
- ½ cup grated Romano or Parmesan cheese

1. Cook pasta according to package directions. Drain.
2. Heat oil in a large skillet over medium-high heat. Sauté okra 3 to 4 minutes or until pods are bright green. Add pasta, chervil, broth and salt to skillet; tossing gently, cook 1 to 2 minutes until heated through. Serve, topped with cheese.
Serves 4.
- Per serving: 300 calories, 4g fat, 11g prot., 38g carbs., 4g fiber, 560mg sodium.

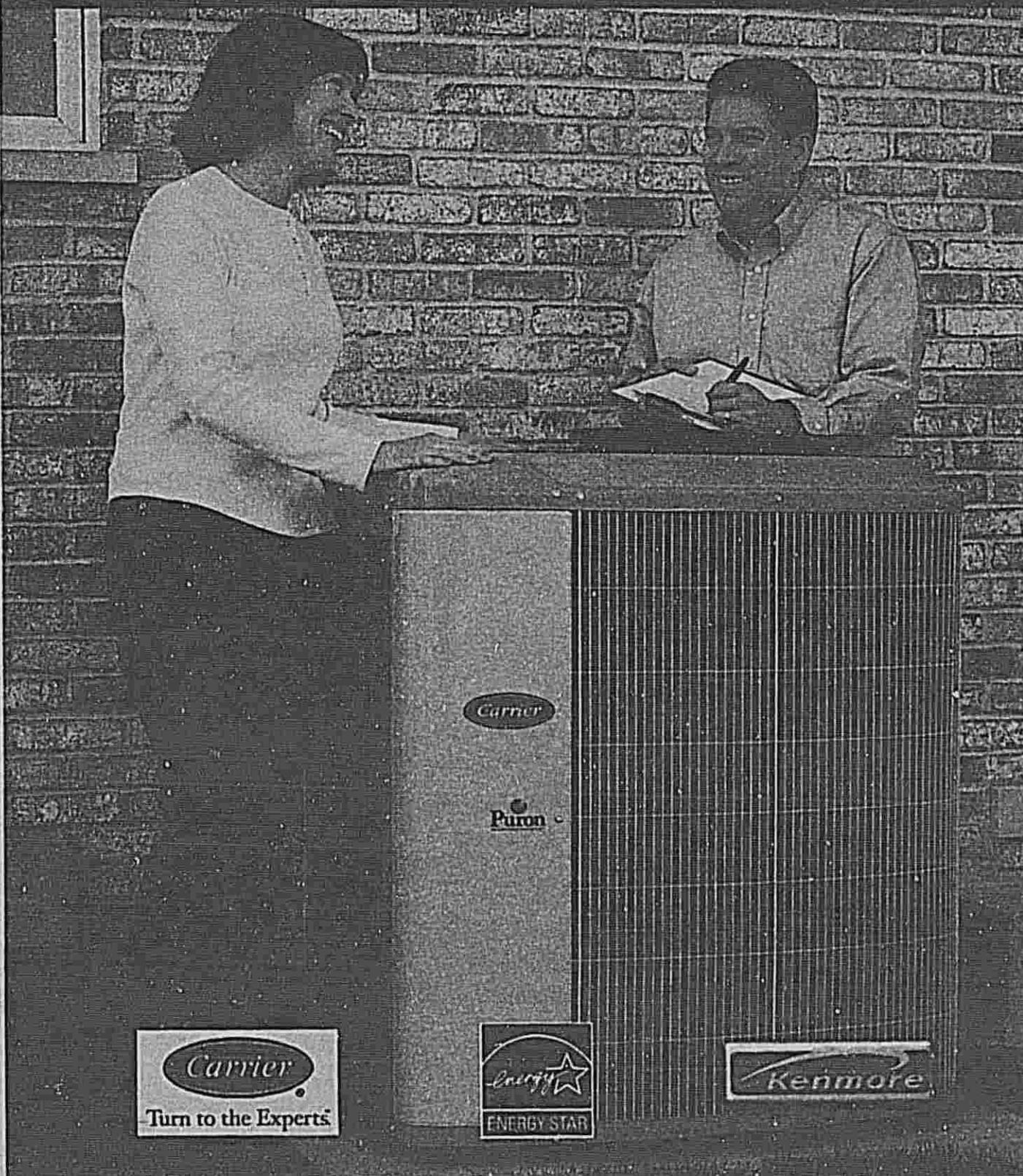
(Continued on page 14)



Pod Pointers

- Okra pods are best when they are young. They should be small, bright green, free of brown spots or scars and have tender—not woody—stems.
- It's easy to test the texture of a perfect specimen. A pristine okra pod should feel exactly like the top of a puppy's nose—tender and pliable with a soft velvety fuzz.
- Fresh is best, but you can store okra, unwashed and untrimmed, up to several days in a loosely wrapped plastic bag in the vegetable crisper. Wash okra just before using it.
- When trimming the stems, cut only the very tip, not the entire cap.

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Grilled & Ready

Why waste those hot coals when you can grill up some extra veggies and get a jumpstart on tomorrow's meal. Smokey, char-grilled corn, bell peppers and eggplant get double billing as tonight's side and tomorrow's entrée.

For menus, go to www.relishmag.com

By Deborah Krasner, author of Kitchens for Cooks and a freelance author in Putney, Vt.

Photos by Mark Boughton; styling by Teresa Blackburn

Tonight's Roasted Red Peppers

Preheat grill. Place 4 red bell peppers on grill and cook, turning until charred all over. Place peppers in a paper or plastic bag to let steam for 10 minutes. Peel and seed peppers. Reserve 2 peppers for grilled chicken recipe.

Tomorrow's Grilled Chicken with Red Pepper Sauce

Chicken:

- 4 boneless, skinless chicken breasts
 - 3 tablespoons extra virgin olive oil
 - 2 tablespoon balsamic vinegar
 - 4 teaspoons kosher salt
 - Freshly ground black pepper
- Pepper Sauce:**
- 2 grilled red bell peppers (about 2 pounds)
 - 3 tablespoons extra virgin olive oil
 - 1 tablespoon balsamic vinegar
 - 1/4 teaspoon salt
 - Freshly ground black pepper
 - 4 ounces crumbled feta cheese
 - 12 ounces spinach



1. To prepare chicken, place chicken, olive oil, vinegar, salt and pepper in a zip-top plastic bag; place in refrigerator and marinate 2 to 24 hours.
2. To prepare sauce, place 2 grilled peppers, oil, vinegar, salt and pepper in a food processor; purée until smooth.
3. Remove chicken from marinade; discard marinade. Grill chicken 7 minutes, turn, top with feta and cook 7 more minutes or until cooked through.
4. Arrange spinach on serving plate, top with chicken and serve with red pepper sauce. Serves 4.

Per serving: 390 calories, 22g fat, 33g prot., 14g carbs., 5g fiber, 1240mg sodium.

Tonight's Grilled Eggplant

Preheat grill. Diagonally slice 4 medium eggplants into 1/2-inch slices. Toss with olive oil and kosher salt. Place on grill and cook 5 to 7 minutes on each side. Reserve 2 eggplants for ratatouille.

Tomorrow's Grilled Eggplant Ratatouille

- 2 tablespoons olive oil
- 1 cup chopped onion
- 2 garlic cloves, chopped
- 2 bell peppers (red or yellow), chopped
- 2 cups chopped, cooked potatoes
- 2 cups chopped, grilled eggplant (about 2 eggplants)
- 1 (28-ounce) can diced tomatoes, drained
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 15 ounces whole-milk ricotta
- 1/2 cup shredded Parmesan cheese



1. Preheat oven to 350F. Heat olive oil in large skillet and add onion, garlic and peppers; sauté 7 minutes.
2. Add potatoes, eggplant, tomatoes, basil, parsley, oregano, salt and pepper; stir gently. Combine ricotta and Parmesan cheese. Place half of vegetable mixture in a 2-quart baking dish, top with ricotta mixture and remaining vegetable mixture. Bake 30 to 40 minutes or until bubbly. Serves 6.

Per serving: 290 calories, 8g fat, 14g prot., 23g carbs., 4g fiber, 670mg sodium.

Tonight's Grilled Corn

Preheat grill. Shuck 12 ears fresh corn and place on grill. Cook 15 to 20 minutes, turning until corn has dark, caramelized spots.

Tomorrow's Grilled Corn Bacon Chowder

6 ears corn, grilled and cooled
4 cups water
5 slices bacon, diced
 $\frac{1}{2}$ small onion, chopped
2 garlic cloves, chopped
 $\frac{1}{4}$ cup all-purpose flour
1 (2-ounce) jar diced pimento
 $\frac{1}{2}$ cup half-and-half
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon black pepper
Fresh thyme or basil

1. Using a sharp knife, stand each ear of grilled corn upright and cut off kernels. Reserve kernels (about 4 1/2 cups) in a bowl and set aside. Cut cobs in half crosswise and place in a heavy saucepan. Cover with 4 cups of water and bring to a boil. Reduce heat and simmer, uncovered, for 15 minutes.

2. Sauté bacon in a Dutch oven until browned. Add onion, and garlic; cook 10 minutes. Add flour; stir well. Cook 1 minute. Add corn stock; whisk well. Bring to a boil, reduce heat and simmer 10 minutes. Add corn, pimentos, half-and-half, salt, pepper and thyme; heat through. Serves 6.

Per serving: 230 calories, 3g fat, 8g prot., 33g carbs., 8g fiber, 320mg sodium.

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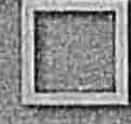
A _____ CAN CLOSE IT.



HUSBAND



KID

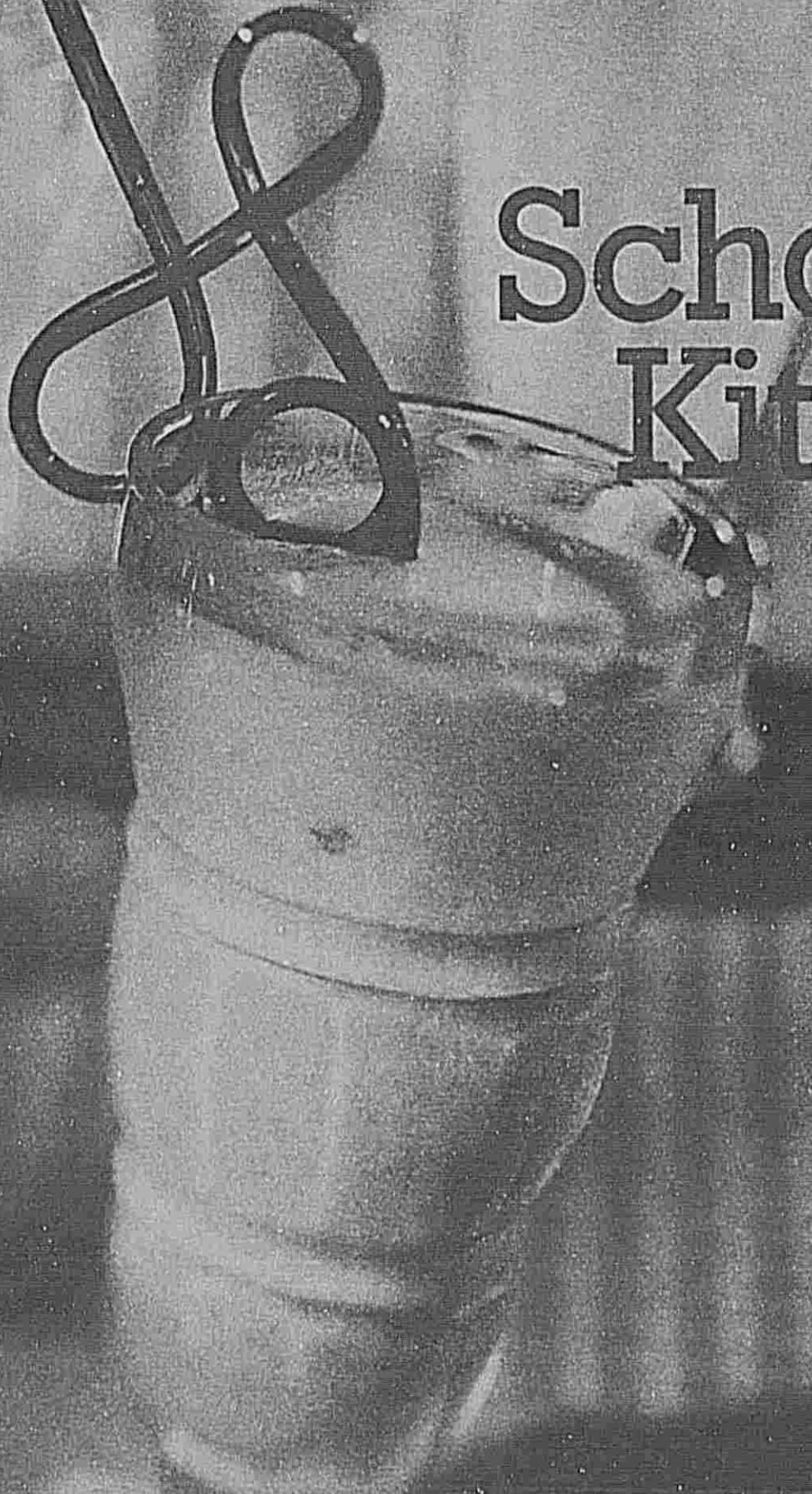


FAMILY DOG



STORAGE

Even when you're not watching, it gets closed. First time, every time.



By Joan Cirillo, author of *The Complete Idiot's Guide to Cooking with Kids* (A., Macmillan, 2000). She lives in Portland,

Need some summer activities to keep the kids engaged? Herd them into the kitchen for a culinary adventure. Cooking with kids is not only fun, it's also educational. While children are busy creating culinary magic, they're reaping dozens of benefits. From sharpening academic and organizational skills to promoting social and emotional development, the payback from a little kitchen activity is powerful.

School's Out, Kitchen's Open

Cooking with Kids:

- Boosts self-esteem and confidence. Children feel good about themselves and experience the pride of ownership after completing a successful cooking project.
- Puts math, science, reading and writing into action. When kids count and measure ingredients, see ingredients transform as they cook, jot down items on a grocery list and read through a recipe, they're putting these basic academic tools to use.
- Sharpens fine motor skills. A little bit of mixing and measuring goes a long way in developing hand-eye coordination and fine motor skills.
- Fosters organizational skills and logical thinking. When children gather ingredients, follow recipe steps and figure out timing, they're learning how to follow directions and organize.
- Gives them life skills. Teaching children how to shop, cook and practice food safety fosters self-sufficiency and develops valuable skills they'll use for a lifetime.
- Promotes good eating habits. Children almost always eat what they make themselves. When they become invested in what they eat by planning and preparing nutritious meals and snacks, they're more likely to improve their eating habits.
- Exposes them to new cultures and family history. Little cooks' eyes open to other cultures when they experiment with ethnic foods, and learning to cook treasured family recipes passes down family traditions.
- Cultivates imagination, curiosity and creativity. Kids are exposed to new ideas, concepts, foods and vocabulary when they explore the culinary world.
- Provides great quality time and bonding opportunities. Making something delicious in the nurturing environment of your kitchen will bring you and your child together in a special way. !

Special Offer – Cook with Your Kids

The Better Homes & Gardens Kid Favorites Made Healthy cookbook features 150 kid-tested recipes. You'll enjoy these kid-friendly, healthful recipes that taste great and are fun to make, all using off-the-shelf ingredients.

To order the book for \$19.95 + delivery, please have your credit card ready and call (800) 715-6248 or send check/money order for \$24.95 to Healthy Kids Book Offer - Dept R7, P.O. Box 340, Harrison, AR 72602 or go to our secure store at www.americanprofile.com/store.



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Orange "Creamsicle" Smoothie

This calcium-rich smoothie tastes like a creamsicle in a glass. Kids use their fine motor skills, practice math and learn how to safely operate kitchen equipment when they make this nutritious breakfast or snack drink.

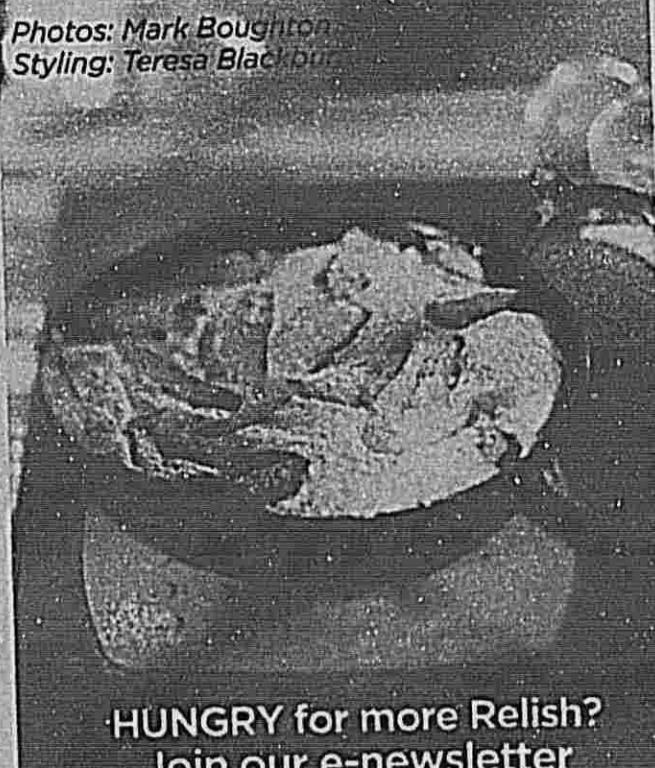
- 1 cup skim milk
- 1 (6-ounce) container low-fat vanilla yogurt
- 1/3 cup calcium-fortified frozen orange juice concentrate
- 1/4 teaspoon vanilla extract
- 5 ice cubes

1. Combine milk, yogurt, orange juice concentrate and vanilla extract in blender. Blend 15 seconds to combine. Add ice cubes and blend about 20 seconds to crush ice. Serve immediately. Serves 2.

Per serving: 198 calories, 1.5g fat, 10g prot., 38g carbs., 1.5g fiber, 128 sodium.

Photos: Mark Boughton
Styling: Teresa Blackout

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Apple Puff Up Pancake

Kids love watching this eggy batter puff in the oven like magic. We've added apples to this pancake, also known as a Dutch Baby or German Pancake.

1 large Granny Smith apple
3 large eggs, room temperature
½ cup whole milk
½ cup all-purpose flour
¼ teaspoon vanilla extract
2 tablespoons butter
¼ cup dark brown sugar
¼ teaspoon cinnamon
Lemon juice
Confectioners' sugar

1. Preheat oven to 450°F and place rack in center of oven. Peel, core and slice apple. Whisk together eggs, milk, flour and vanilla until smooth.

2. Melt butter in a 10-inch cast iron or other ovenproof skillet over medium heat. Spread apples in pan and cook 4 minutes. Turn apples and continue cooking 3 minutes. Sprinkle brown sugar and cinnamon over apples and cook another minute or until sugar begins to melt. Remove pan from heat, stir apples lightly to coat with sugar and then top with batter.

3. Bake 15 minutes or until mixture puffs up and turns golden brown around edges. Remove from oven and cut into four wedges. Sprinkle with lemon juice and serve with a dusting of confectioners' sugar.
Serves 4.

Per serving: 247 calories, 10g fat, 7g prot., 32g carbs., 2g fiber, 65 sodium.

IT'S HERE

CAPRI SUN
Coastal Cooler

Coastal Cooler. Summer just got a lot more cool.

The Mix Doctors



Photo courtesy of Earthbound Farm

Drew and Myra Goodman have grown their company, Earthbound Farm, into the largest grower of organic produce in North America. The company offers more than 100 varieties of salads, fruits and vegetables.

Shrimp and Arugula Salad with Grapefruit and Avocado

This salad, courtesy of Earthbound Farm, is a perfect balance of sweet-salty shrimp, tart grapefruit, mellow avocado and peppery arugula. Use any combination of greens, such as arugula, watercress, mache or spring mix.

Vinaigrette:

- 2 tablespoons white wine vinegar
- 1 tablespoon grapefruit juice
- 1 tablespoon finely grated fresh ginger
- 1 teaspoon grated lemon zest
- ½ teaspoon kosher salt
- ¼ cup extra virgin olive oil
- Freshly ground pepper

Salad:

- 5 ounces baby arugula, watercress or mache
- 1 pound medium shrimp, cooked and peeled
- 2 grapefruit, peeled and sectioned
- 1 ripe avocado, sliced

1. To prepare vinaigrette, combine all ingredients in a jar. Close tightly and shake vigorously to combine.
2. To prepare salad, place arugula in a large salad bowl and toss with about half



Photos:
Styling:

the vinaigrette. Divide greens among 4 salad plates; top with shrimp, grapefruit and avocado. Drizzle with remaining vinaigrette. Serves 4.

Per serving: 410 calories, 24g fat, 31g prot., 22g carbs., 10g fiber, 640mg sodium.

Used to be the most exotic lettuce you could find was romaine. Spring mix, arugula and mache were unheard of. Fortunately for salad eaters, two "city kids" from Manhattan headed west. In 1984, Myra Rubin and Drew Goodman, fresh out of college, moved to the idyllic Carmel Valley, just 11 miles from the California coast. There, the couple agreed to restore a 2½-acre farm in exchange for rent and whatever they grew. They began working their backyard farmland and selling organic raspberries at a roadside stand. "The property had fruit trees, almonds, figs, grapes and blackberries, and we would sell the raspberries within 24 hours of picking them," Myra reminisces. She explains that when they began bagging greens every Sunday to create quick, healthful meals to eat all week, they never envisioned how this simple idea would blossom into Earthbound Farm, a company that's become the largest grower and shipper of organic produce in North America.

Organic was the only option for Drew and Myra. "We didn't want to eat fruits and vegetables grown with potentially toxic chemicals, and we felt that other people would feel the same," said Myra. They started small by supplying local specialty grocery stores with the pre-washed bagged salads of gourmet greens.

Soon the "city kids" teamed up with the "farm boys" as the demand went through the roof and they needed to find ways to farm organically on a larger scale. Myra's father also played an important role in the early days. "My dad is a natural inventor, so when we had no equipment, he figured out ways to wash and pack efficiently and taught us how to set up an assembly line," says Myra.

Drew and Myra ended up getting married, purchasing the farm and raising their family there. Myra attributes their success as a couple and as business partners to their combination being more than the sum of the parts. "Drew is much calmer than I am—I tend to be excitable, but I think our chemistry has definitely helped our success," she says.

Two decades later, Earthbound Farm is sitting pretty with more than 100 varieties of certified organic salads, fruits and vegetables that can be found in the aisles of nearly every neighborhood supermarket. "We were instrumental in popularizing mixed baby greens (also called spring mix or mesclun)," says Myra. "And now we sell 22 million servings of salad each week. That's a lot of greens. !

By Charyn Pfeuffer, a freelance writer living in Monterey, Calif. Log on to www.ebfarm.com for more information about Earthbound Farm.



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Better BEEF

Cumin-Crusted Beef Steaks & Orange-Olive Relish

If you can't find shoulder or ranch steak, substitute beef tenderloin.

- 1 to 3 medium oranges
- 1½ teaspoons ground cumin
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 beef shoulder steaks (ranch steaks), cut 3/4-inch thick (about 8 ounces each)
- ½ cup chopped jarred roasted red peppers
- ½ cup diced red onion
- ½ cup coarsely chopped Kalamata olives

1. Grate 2 teaspoons orange peel from oranges; reserve oranges. Combine orange peel, cumin and salt in small bowl. Reserve 2 teaspoons seasoning for relish.
2. Add pepper to remaining seasoning; press evenly onto beef steaks. Heat a grill pan or large nonstick skillet over medium heat. Place steaks in pan; cook 9 to 12 minutes for medium-rare to medium doneness, turning twice.
3. Peel, section and chop reserved orange to measure 1½ cups. Combine oranges, roasted peppers, onions, olives and reserved seasoning in medium bowl; mix well. Serve steaks with relish. Serves 4.

Per serving: 220 calories, 7g fat, 24g prot, 16g carbs., 5g fiber, 924mg sodium.

Today there are about as many varieties of beef in the meat case as there are cereals in the cereal aisle. So how do you choose which is best for you? According to Mel Coleman Jr., a fifth-generation rancher who's leading the charge for better beef, "natural" is best. He is chairman of Coleman Natural Meats, the company that brought "natural" beef to the American dinner table more than 25 years ago. His company's meats are labeled "no antibiotics, no added hormones, no animal byproducts in feed and grass fed." Why do these things matter?

- **Antibiotics.** According to the Food and Drug Administration and the American Medical Association, antibiotic use in animal feed is of great concern because it may be creating human antibiotic resistance—meaning the drugs we need may not work when we need them.
- **Feed with animal byproducts.** According to the science known today, vegetarian feed minimizes the risk of BSE (mad cow disease). BSE is caused by mixing animal byproducts back into the livestock feed.
- **Growth hormones.** "They may make good economic sense," says Coleman, "but they don't make good common sense." The European Union has banned all beef imports treated with growth hormones, saying they "raise a potential risk for consumers' health."

Just as Coleman and others like him are protecting human health, they are also concerned with environmental issues. Most producers who raise natural cattle also follow sustainable agricultural practices—that is, they take care of the land as well as the animals. Laura's Lean Beef says they manage their farms and ranches "so that the natural biological cycles of all resources (plants, trees, livestock, wildlife, water and soil) are in sync with one another to the benefit of all." A clean and natural feed supply keeps the environment and production sustainable.

If Mel Coleman and others like him have their druthers, the natural beef market will continue to grow. He believes that by raising cattle in a more natural, sustainable way, he honors "the unwritten responsibility to our children and their children and all future generations"—and he may be helping us improve our health in the process. ?

By Marge Perry, a freelance writer in Tenafly, N.J.

BEEF

Beef Basics

- **Natural.** According to the United States Department of Agriculture, "natural" meat is minimally processed and contains no artificial ingredients, but the cattle could have been fed antibiotics and growth hormones. Almost all the meat at the supermarket technically qualifies as "natural." However, most producers who label their meat "natural" also list their criteria for raising animals naturally—usually chemical-free feed.
- **Organic.** This type of meat comes from animals whose feed is certified organic, meaning there are no antibiotics, growth hormones, chemical pesticides or animal byproducts in their feed. These animals have at least seasonal access to pastures but are by no means required to be fed only grass.
- **Grass-fed.** These animals are raised solely on their mother's milk, grasses they graze on and hay. According to the American Grassfed Association (AGA), grass-fed cattle are lower in saturated fats and higher in essential nutrients. To be certified by the AGA, animals may not be given any antibiotics or hormones.
- **Conventional or Commercially Raised.** This term refers to cattle raised in large-scale production on formulated feed, which is usually based on corn. This is most of the beef you buy at the grocery store. It tends to be more marbled with fat than grass-fed.
- **To find natural meat in your area,** go to www.colemannatural.com and www.laurasleanbeef.com.
- **To download a handy wallet card listing the 29 leanest cuts of beef,** go to www.beefitswhatsfordinner.com/nutrition/default.asp.

Asian Express Beef Lettuce Wraps

Look for peanut sauce in the ethnic section of your supermarket.

1 1/2 pounds ground beef (95 percent lean)
1/2 cup hoisin sauce
1/2 cup jarred peanut sauce
1 medium cucumber, seeded and chopped
1/2 cup shredded carrot
1/4 cup torn fresh mint
1/4 teaspoon salt
Freshly ground black pepper
12 large Boston lettuce leaves (about 2 heads) or iceberg or romaine lettuce
Fresh mint

1. Brown ground beef in a large nonstick skillet over medium heat 8 to 10 minutes or until no longer pink, breaking up into small crumbles. Pour off drippings. Stir in hoisin sauce and peanut sauce; heat through.
2. Just before serving, add cucumber, carrots and torn mint; toss gently. Season with salt and pepper. Serve beef mixture in lettuce leaves. Garnish with mint and serve with your favorite peanut sauce. Serves 4.

Per serving: 337 calories, 11g fat, 40g prot., 18g carbs., 3g fiber, 641mg sodium.

Recipes adapted from *The Healthy Beef Cookbook*, by the National Cattlemen's Beef Association and the American Dietetic Association (John Wiley and Sons, Inc., 2006).

Photos: Mark Boughton
Styling: Teresa Blackburn

more recipes at
www.relishmag.com

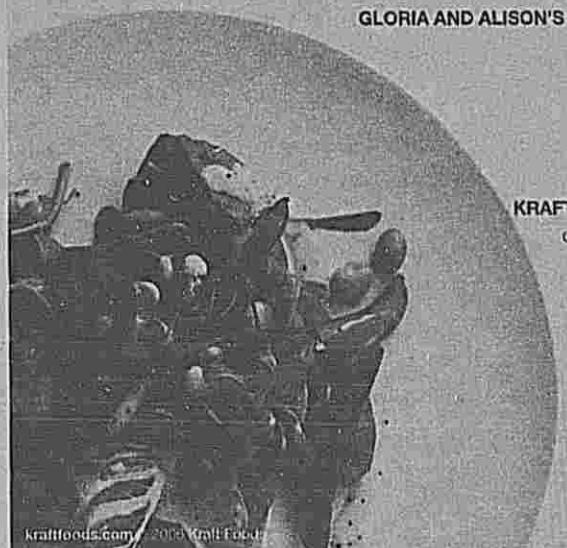


KRAFT your salad

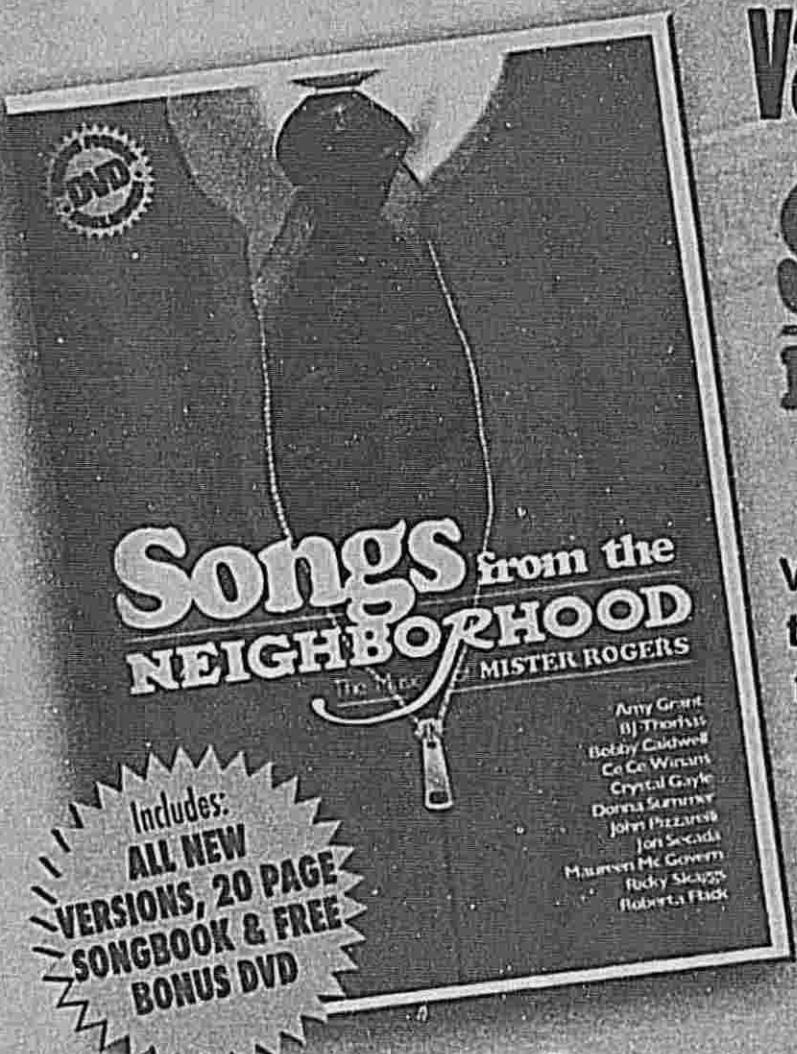
GLORIA AND ALISON'S MOTHER-DAUGHTER SALAD

sugar snap peas
red leaf lettuce
shelled edamame beans
raspberries
sliced oranges
make it sing with

KRAFT Creamy Poppyseed Dressing
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take care of each other



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Songs from the NEIGHBORHOOD

The Music of MISTER ROGERS



(Continued from page 4)

Quick Okra Sauté

To those only familiar with fried okra, this will be an okra epiphany. With its crisp, green fresh taste, you'll swear you're eating a different vegetable. Sauté only until al dente.

2 teaspoons olive oil
1 teaspoon butter
½ pound fresh okra
¼ teaspoon kosher salt
Freshly ground pepper

1. Heat oil and butter over high heat in a large skillet. Add okra; sauté 3 to 4 minutes or until pods are bright green with slight browning. Sprinkle with salt and pepper. Serve hot. Serves 2.

Per serving: 90 calories, 7g fat, 2g prot., 8g carbs., 4g fiber, 310mg sodium.

Summer Salad with Okra

1 cup fresh, uncooked okra, sliced in half vertically
1 (5- to 6-ounce) package mixed salad greens
1 small sweet red pepper, thinly sliced
½ peeled fresh jicama, thinly sliced
¼ teaspoon kosher or sea salt
Freshly ground pepper
4 tablespoons poppy seed dressing or other sweet dressing of your choice

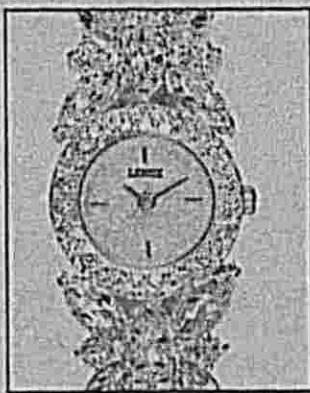
1. Toss together okra slices, salad greens, red pepper, jicama, salt and freshly ground pepper. Serve immediately with dressing of your choice. Serves 4.

Per serving: 110 calories, 1g fat, 2g prot., 15g carbs., 6g fiber, 290mg sodium.

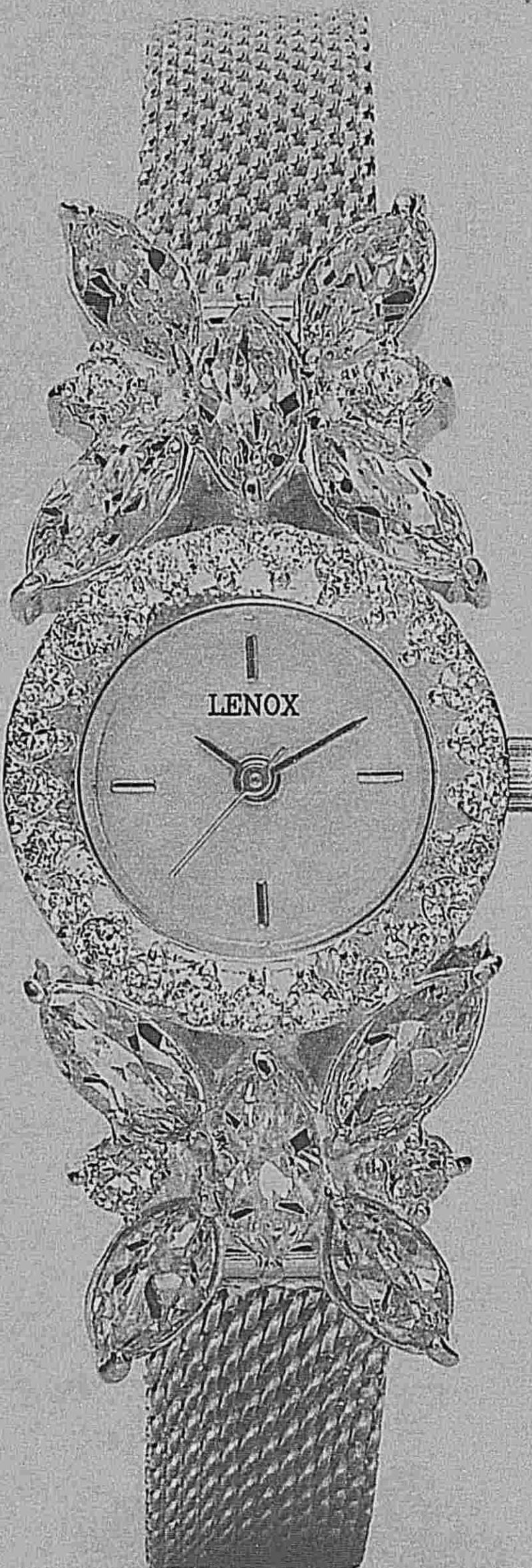


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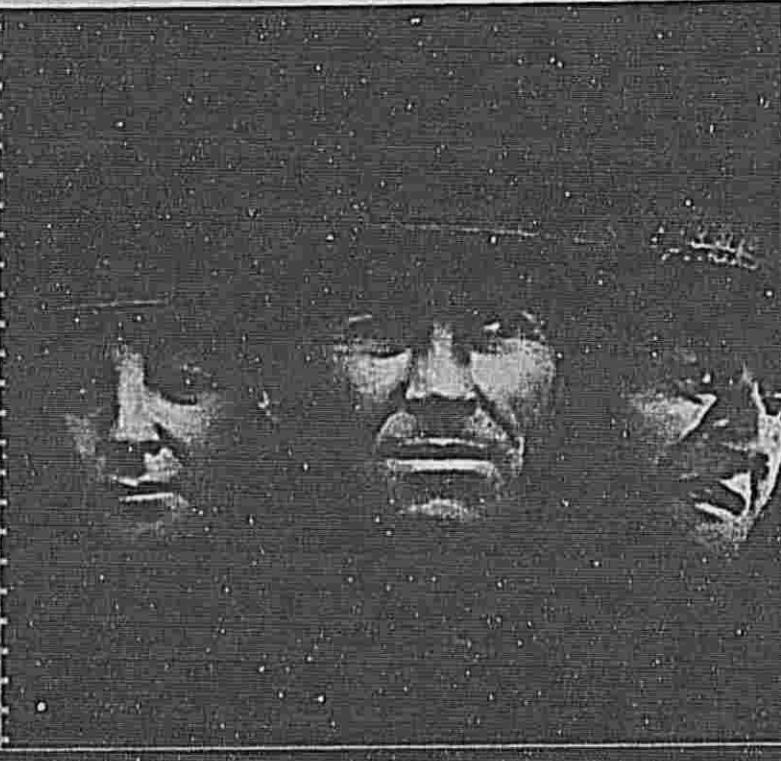
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- El Paseo Valencia White Wine (Spain; 3 liters/\$16.99)
- Delicato Pinot Grigio (California; 3 liters/\$17.99)

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- Banrock Station Southeastern Australia Shiraz (3 liters/\$18)
- Hardys Stamp of Australia Shiraz (3 liters/\$18)

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- Black Box Napa Valley Chardonnay (3 liters/\$24)
- Black Box California Merlot (3 liters/\$18)

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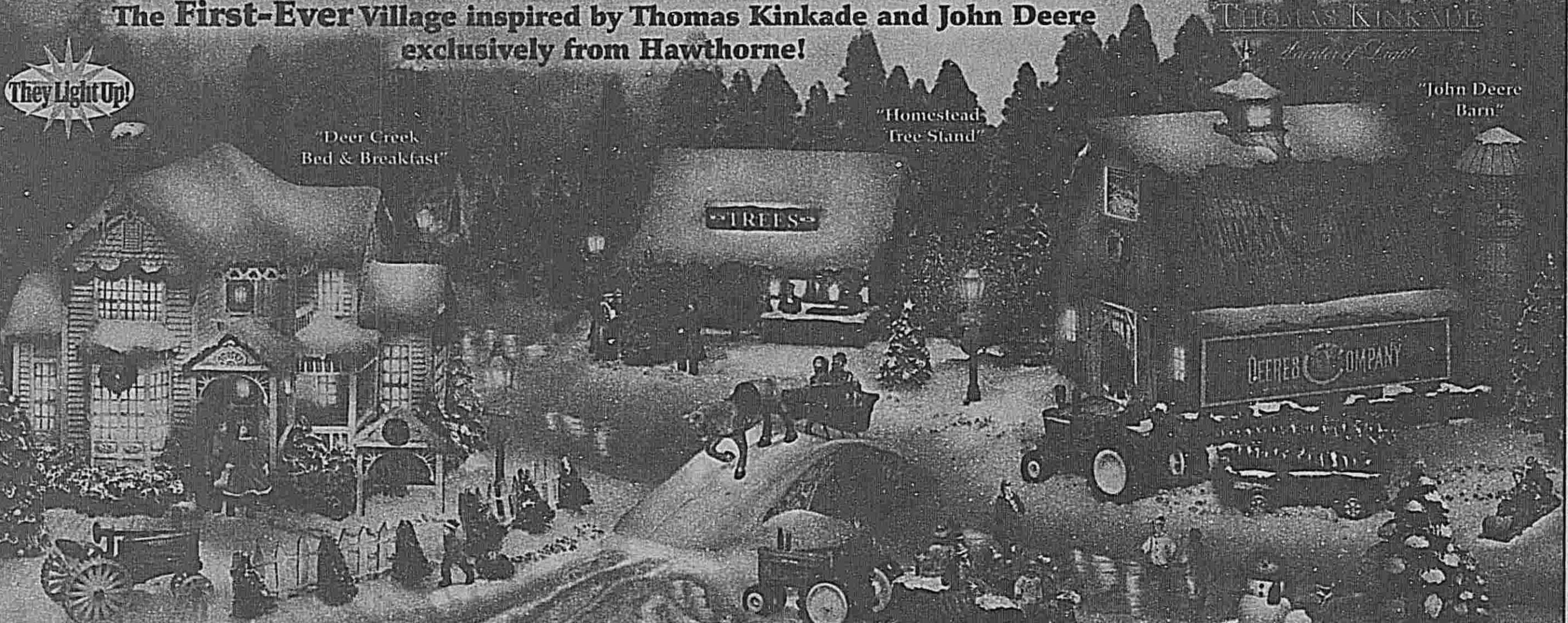
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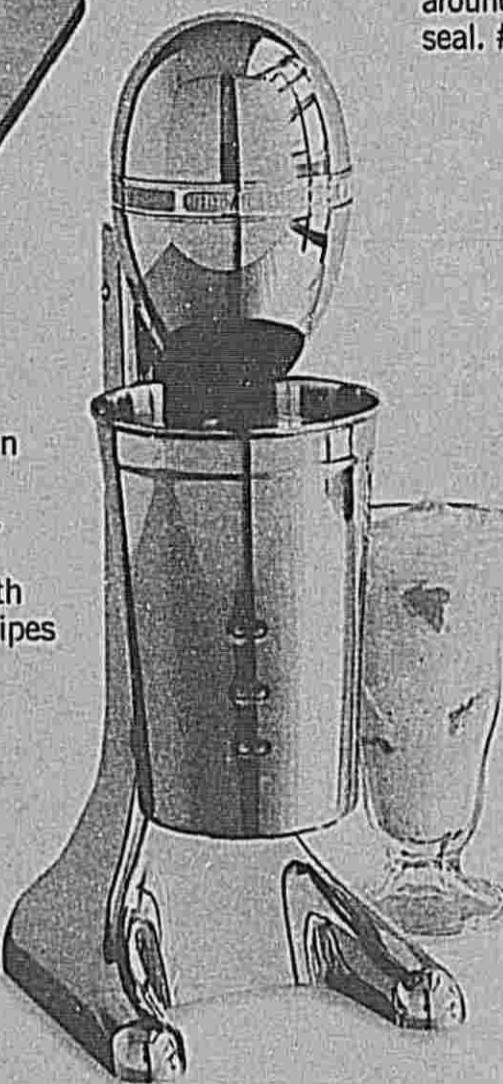
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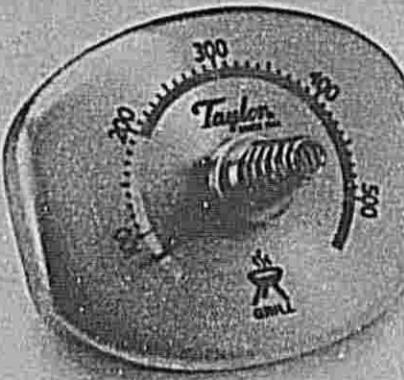
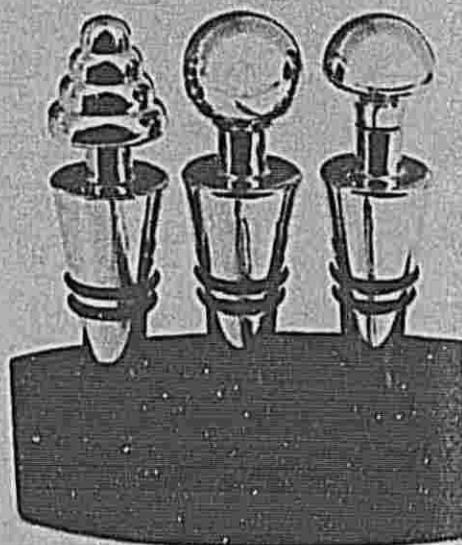
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No Up-front Costs.* You pay no money up front when you order diabetes testing supplies from Liberty. With qualified supplemental insurance, you may owe nothing at all.

No Claim Forms to Fill Out. We will bill Medicare and your supplemental insurance company for you.

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The Liberty Family of Companies is in compliance with Titles VI and VII of the Civil Rights Act of 1964.

To Learn If You are Eligible, Call Us Toll-Free:

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MI

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Apt. #

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City

State

Zip Code

Email

Signature (By signing this reply form, you are authorizing the Liberty Family of Companies to contact you by telephone.)

Mail this Reply Form to: Liberty Medical
PO Box 20005, Fort Pierce, FL 34979-0005

Or, Call Liberty Toll-Free at 1-866-891-5412.

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Poof!

A Box of Cookies Becomes a Cake

The star of banana pudding and the supporting role in lemon ice box pie, vanilla wafers have now made their way into cake. Actually the recipe has been around for years, but it's one we've just discovered. And it's one we can't get out of our system. It's made an appearance at a mother-in-law's birthday, a girlfriends' get-together and a school potluck. It's super moist, super easy and super good with a cold glass of milk.

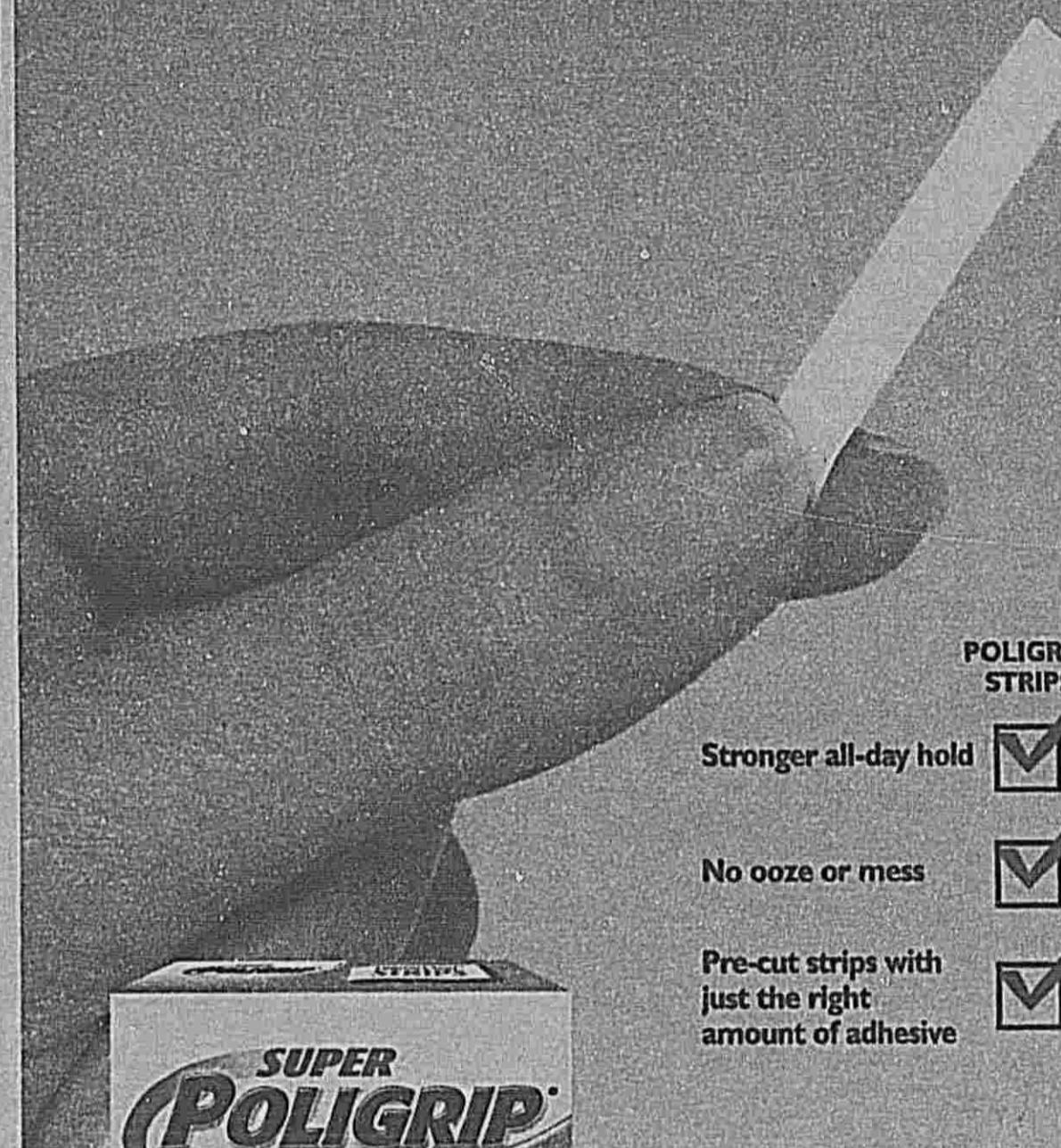
Coconut Crumb Cake

- 1 (12-ounce) box vanilla wafers
- 1 (7-ounce) can or bag coconut
- 2 cups sugar
- 1 cup chopped pecans
- 6 eggs
- 2 sticks butter, melted
- ½ cup 2 percent low-fat milk

1. Preheat oven to 325°F. Grease and flour a Bundt pan.
2. Place vanilla wafers in a food processor and pulse until fine crumbs.
3. Combine crumbs, coconut, sugar and pecans in a bowl; mix well.
4. In a medium bowl, whisk together eggs, butter and milk.
5. Pour egg mixture into dry ingredients and mix well (batter will be thick). Pour batter into prepared pan. Bake 1 hour and 35 minutes. Serves 20.

Per serving: 310 calories, 21g fat, 3g prot., 32g carbs., 2g fiber, 80mg sodium.

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